



# Turbinates

## Post-Op Instructions



**PAIN:** Take prescribed pain medication as directed. Transition to acetaminophen every six to eight hours as tolerated within several days. While you are taking prescription pain medication, you may be prone to constipation. 100mg of Colace, twice a day, or one full cap of Miralax per day, is advised (both of these are available over-the-counter).

Ibuprofen may be used right away, unless otherwise directed by your doctor. If you do not need or were not prescribed prescription pain medication, alternate Tylenol with Ibuprofen up to every three hours, as needed for pain.



**PACKING:** You often do not have stents or packing in your nose once you leave the surgery center. You may be sent home with a drip pad or gauze under your nose. Change this gauze when it is saturated. If this is more often than every 15 minutes, please call the office or ENT on-call. If there is not much drainage, you do not need to keep the drip pad in place.



**IRRIGATION:** You should start irrigation of your nose the morning following surgery. Follow the directions on the Neil-Med sinus rinse kit you received at the office when you scheduled surgery. These are also available over-the-counter at most pharmacies. Irrigate your nose two to eight times a day. If you have stents in place, it may be easier to use a 10cc syringe or blue bulb to irrigate—these are both available at your local pharmacy. If you run out of packets, the following recipe may be used: Mix 1/8 tsp table salt to eight ounces (one cup) warm distilled water. If the irrigation burns in your nose, add baking soda to the solution.

Also, we recommend applying a thin coating of antibiotic ointment or Vaseline to the edge and just inside the nostrils after the irrigations, to help keep the nares from crusting. Any crusting can be cleaned with warm water and hydrogen peroxide.



**OTHER MEDICATIONS:** You may be prescribed an antibiotic; take as directed. Hold off on restarting aspirin products until one week after surgery, unless otherwise directed. You may use Afrin nasal spray twice a day for three days only. This may help with mild bleeding and congestion. Do not continue to use it beyond the first few days after surgery.



**ACTIVITY:** There are no activity restrictions, but strenuous activity may increase nasal congestion or bloody secretions. You may blow your nose right away. You may shower right away. You may return to work and drive right away if you are not using prescription pain medication.

### WE ARE HERE FOR YOU

Please don't hesitate to contact our office at 518-701-2000, if you have any questions or concerns. We are happy to assist you.