



Pediatric Turbinate Reduction

Post-Op Instructions



PAIN: Most children will experience some pain following turbinate reduction. For pain or discomfort following turbinate reduction, children should take liquid Tylenol® (acetaminophen) or liquid ibuprofen. Follow the dosing instructions on the bottle.



DRESSING: Most patients will have a small amount of blood-tinged nasal drainage. A gauze dressing placed under the nostrils can be used for this.



NASAL SPRAYS: Using a saline nasal spray, two sprays to each nostril twice a day, will help minimize nasal crusting postoperatively and can help relieve nasal congestion. Use the saline nasal spray for at least three weeks postoperatively.



FEVER: Your child may experience increased temperature following any procedure. This is quite common in the first 24 to 48 hours and can be a sign of dehydration. Push fluids as much as possible. If the fever persists, contact our office.



NASAL CONGESTION: The procedure will initially cause swelling of the turbinates. Because of this, most patients will experience congestion for at least a week postoperatively. The congestion can last as long as six weeks.



DIET: Avoid spicy foods following turbinate reduction.



MEDICATION: Many children who require turbinate reduction use steroid nasal sprays (Flonase, Nasacort®, Nasonex, Rhinocort® and others) or antihistamines (loratadine (Claritin®), cetirizine (Zyrtec®), fexofenadine (Allegra), levocetirizine (Xyzal®), diphenhydramine (Benadryl®) and others) to control allergy symptoms. Please do not use these medications until your postoperative appointment, as they can cause nasal drying. Nasal drying can impact healing and aggravate the postoperative symptoms.



OTHER POSTOPERATIVE CARE:

- Use a humidifier at home, especially at night. This will help with drying from nasal congestion and may help minimize postoperative nasal crusting.
- No nose blowing for one week. Patients may experience some sneezing postoperatively. Try to have your child sneeze with their mouth open.
- For severe congestion or bleeding from the nose, the nasal decongestant spray, Afrin®, may help. This medication should never be used for more than three days. For congestion, it should only be used twice a day.
- Keeping your child's head elevated for sleep can help decrease nasal swelling and congestion.



ACTIVITY: No strenuous activity, heavy lifting or bending for one week due to the risk of bleeding. This includes sports or physical education classes. However, your child should be up out of bed during the day and pursuing less strenuous activities.



RETURNING TO SCHOOL: After turbinate reduction, expect your child to require a few days out of school—no sports or physical education activities for a week. If you need a note for school, our office will fax one for you.



FOLLOW-UP: Our nurses will call you the day following your child's procedure (Monday for a Friday procedure). We will see you in the office four to six weeks after the procedure. Please call us with any questions or concerns before your postoperative appointment.

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.