



Ronald A. Krueger, MD, FAACS

Patient Instructions: Turbinate Reduction

Date:	Time:	Location:
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Before Procedure:

- * Fill all prescriptions given to you today.
- * Avoid over-the-counter non-steroidal anti-inflammatory medications for one week prior to surgery. Examples of these medications are Alleve (naproxen), Motrin (ibuprofen), or aspirin. It is ok to take Tylenol if needed.
- * Take your pre procedure sedation medication as directed.

After Procedure:

- * You will have nasal congestion and discharge for the first few weeks after your procedure. Your nasal passage and breathing should return to normal 2-3 weeks after your procedure.
- * Start your Neil med sinus rinses the day after your procedure. You will need to do half of a bottle per nostril, three times a day. It is important that your nose stays moist. You will also start your course of antibiotics as directed.
- * You are able to blow your nose lightly after the reduction. Blowing too hard may cause some bleeding.
- * Avoid heavy/strenuous activity for one week after your procedure.
- * Most patients experience minimal discomfort with turbinate reductions, and improvement in their breathing comes within two to six weeks after the procedure.
- * Drink PLENTY of water. Staying hydrated reduces your congestion and pain. It will also prevent constipation and promote healing.
- * You may resume your normal diet as soon as you are able. If you are nauseated, eat bland soft foods and increase as tolerated.



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* Call our office if you have a fever over 101F, excessive bleeding, eye swelling, visual difficulty a sharp increase in pain or pain that is not relieved with medication.

Call 425-341-4305 day or night with questions.

Post-Op Visit #1: _____

Post-Op Visit #2: _____

Medications

Antibiotic:

Nausea:

Pain:

Other: