

**TURBINATE CAUTERY &
TURBINATE REDUCTION PROCEDURES**

- Keep your nose moist with saline spray. Use it every 2 hours while awake for 7 days.
- Irrigate your nose with saline and bicarbonate mixture twice a day (see instructions for **Nasal Irrigation**)
- Blow your nose gently.
- See your physician 2 weeks after surgery:

Appointment: _____

POSSIBLE SIDE EFFECTS:

- You may feel drowsy and nauseated from the anesthesia.
- Minor bleeding is expected.

CONTACT YOUR PHYSICIAN:

- If you have a fever greater than 101.5°
- If you have any discolored (yellow/green tinted) nasal discharge
- If you have severe pain not controlled by prescribed pain medicine
- If you have any questions or concerns

301-989-2300

- Dr. Hauck Dr. Bianchi Dr. Asher Dr. Driscoll

If you call after normal office hours please follow the instructions on the recording, a physician will be contacted to return your call.

Comments: _____

