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Post Operative Instructions for Turbinate Treatment

1. Nasal congestion and nasal drainage are normal for the first week after treatment.
2. Though there shouldn't be much discomfort, you may take Tylenol or Ibuprofen for pain as needed.
3. Use a saline nasal spray frequently to soften secretions and to restore moisture to the nose. You can buy pre-packaged saline sprays under major pharmacy brand names or as AYR® or OCEAN® , or you can mix your own in a concentration of ¼ teaspoon of plain table salt in a cup of warm water.
4. Do not blow your nose hard. If necessary, gently blow your nose or pat with a tissue.
5. If you experience excessive bleeding, please call the office at 510.465.0941.