

# SAN FRANCISCO OTOLARYNGOLOGY

*Providing ear, nose, and throat care since 1940*

## **TURBINATE REDUCTION DISCHARGE INSTRUCTIONS**

- 1) **ACTIVITY:**
  - a. No bending over, straining or heavy lifting for 24-48 hours.
  - b. When you blow your nose, do so lightly and keep your mouth open. Do not pinch your nose while blowing for 24-48 hours.
  - c. No strenuous exercise (jogging, swimming, aerobics, weight lifting, etc.) for 24-72 hours.
- 2) Take no drugs containing aspirin or ibuprofen ( Nuprin, Advil, Motrin, etc.) for 1-2 days. Tylenol is Okay.
- 3) Because of the local anesthesia used during your procedure:
  - a. No alcoholic beverages for 24 hours & while taking prescribed pain medicine.
  - b. Diet of liquids or light nourishment for your first meal. If you tolerate this, you may resume your normal diet.
- 4) If you develop any of the following symptoms, notify your doctor immediately:
  - a. Temperature greater than 100 degrees Fahrenheit.
  - b. Bleeding – place cotton in your nose.
  - c. Pain or excessive swelling unrelieved by medication
  - d. Nausea and vomiting that persists more than 6 hours
- 5) You may use the AYR saline gel as needed for dryness or scabbing.

To reach the doctor:

1. For urgent or routine questions call the doctor's answering service by dialing (415) 362.5443 then press "7".

If for any reason you are unable to reach the doctor, please go to your nearest emergency room.

In San Francisco:

UCSF Emergency Room  
505 Parnassus Ave.  
(415) 353.1037

CPMC Emergency Room

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Pacific Campus  
2333 Buchanan St.  
(415) 600.6000

San Francisco General Hospital  
1001 Potrero Ave.  
(415) 206.8111