



## Turbinate surgery recovery

Your child's recovery from turbinate surgery usually lasts a few days, but full healing may take three to four weeks. We'd like to see your child at a follow-up with the office one month after surgery.

Your child may be uncomfortable after surgery, but the discomfort is usually mild and typically consists of nasal pain or headache. To relieve the pain, give your child ibuprofen (Motrin or Advil). Occasionally, your child may have severe pain post-surgery and will be prescribed a narcotic pain medication containing Tylenol with hydrocodone just in case.

A normal diet following surgery is fine once the patient has recovered from anesthesia. Begin with liquids or light foods, but a normal diet can be resumed as soon as the patient is awake and alert.

### **Packing in the nose**

The doctor places a small amount of dissolvable packing in your child's nose following surgery to help prevent bleeding and promote healing. To keep the packing in place, don't let your child blow his or her nose for the first week after surgery. After that, it's OK to blow the nose. Since the packing is dissolvable, it does not have to be removed. To help prevent infection due to the packing, the doctor prescribes an oral antibiotic. The antibiotic provided will depend on your child's allergies or reactions to certain antibiotics.

### **Other treatments post-surgery**

To prevent crusting, spray an over-the-counter nasal saline in your child's nose twice daily or as often as needed. Saline irrigations of the nose (for example, Neti Pot) should be avoided for the first week. To promote healing after surgery, Dr. Biavati recommends using a nasal steroid spray such as Nasonex, Nasacort or Flonase. Give your child one to two sprays in each nostril daily unless instructed otherwise. If you are already giving your child a nasal steroid spray before surgery, it's OK to continue to use the same spray after surgery.

### **What to watch for**

Dark, bloody nasal drainage is typical for a few days after surgery. However, if you see bright red blood, spray your child's nose with Afrin (oxymetazoline), an over-the-counter decongestant. If bleeding continues, repeat the Afrin spray in 15 minutes. If bright red bleeding continues for more than 24 hours, please call us at 214-696-8900.