



RF TURBINATE REDUCTION DISCHARGE INSTRUCTIONS

FOLLOW UP CARE

- Noticeable results should be seen in 4-8 weeks
- If a follow up appointment was not made the day of surgery, please call the office to make one

ACTIVITY

- Resume normal activity

DIET

- Resume previous diet as tolerated

MEDICATIONS

- For congestion, Afrin nasal spray 2 sprays each nostril twice a day for 3 days
- 24 hours after procedure, Saline nasal spray, MUST be used at least 2-3 times per day for 2 weeks, then as needed for dryness
- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.

PROBLEMS TO WATCH FOR

- Fever over 101.4
- Nausea/Vomiting
- Heavy bleeding from the nose

Call your doctor with ANY problems that concern you: Phone # **(843) 766-7103**. If you need immediate attention, go to the nearest Emergency Department.

I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.

Patient/Responsible Party

Nurse Signature