



**POSTOPERATIVE INSTRUCTION SHEET:**  
**TURBinate Radio Frequency Ablation**

1. Take pain medications as prescribed.
2. Keep well hydrated.
3. Do not eat or drink anything until you have full feeling in your throat, approximately 2 hours. Start with water and increase as tolerated.
4. You may have ear pain
5. You may have regurgitation of liquids into nares.
6. Snoring may worsen before it improves. It may take up to a month before you notice any change. You may require up to 3 treatments for full benefit.
7. You may have some nasal congestion. This will improve within one week when the swelling resolves.
8. Do sinus irrigations as instructed by your physician.
9. You may have bloody drainage from your nose. You may wear a drip pad until it stops. If you experience heavy bleeding spray 2 sprays of Afrin in each nostril and pinch firmly for 5-10 minutes. If it does not stop please go to the ED.