



**LOYOLA  
MEDICINE**

*We also treat the human spirit.®*

## **POST-TREATMENT INSTRUCTIONS FOR THE SOMNOPLASTY TURBINATE PROCEDURE**

You may experience nasal congestion and nasal drainage for the first week.

Take Tylenol or Ibuprofen for pain as needed.

Use a saline nasal spray as instructed by your physician.

If any bleeding occurs, consult your physician.

Do not blow your nose hard. If necessary, gently blow your nose or pat with tissue.

You are to see Dr. \*\*\* in \*\*\*. Call his/her office TODAY to make the appointment. The phone number is \*\*\*.

Prescriptions: \*\*\*

If you have any further questions, please discuss them with your physician.