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DISCHARGE INSTRUCTIONS

LASER ASSISTED SOMNOPLASTY AND TURBINOPLASTY

The purpose of this information is to explain what to expect after having **LASER ASSISTED SOMNOPLASTY AND TURBINOPLASTY**.

A small amount of laser treatment has been applied to the lower turbinates to help you breathe better. For this particular procedure, usually two medications are given to prevent infection and open up your nasal passageway and saline nasal spray to help keep the nasal cavity moist after having undergone the treatment. Please apply the nasal spray and take the medication as instructed.

Many patients experience nasal congestion after the procedure. This is part of the healing process. Complications from this procedure are extremely rare.

The recovery period is usually about four to six weeks. You will have two visits during this period; one about one-week prior and then another one a month after to check your progress and to clean out the nasal cavity.

If you experience pain, please take Tylenol as needed. Do not take any medications such as **Aleve, ibuprofen, aspirin or Motrin**. Please check the label on any medications you may consider taking.

Please contact our office if you experience any complications or difficulty after your procedure.

I understand the above information and agree to follow the instruction.

Patient or Guardian Signature

Date

Patient or Guardian Name-Printed