



POST OPERATIVE INSTRUCTIONS FOR TURBINATE REDUCTION SURGERY

The nasal turbinates are structures on the side walls of the nose that act to warm and humidify air inside the nose during breathing. They can become enlarged due to allergies, irritants and infection and this causes a blocked nose or sensation of constant nasal congestion.

Turbinate reduction surgery is performed when medical treatment has failed to improve nasal obstruction. All surgery is performed through the nostrils so there are no external excisions.

Submucous resection of turbinates:

An incision is made in the lining of the mucosa of the turbinate and the underlying bone is carefully removed.

Cautery of inferior turbinates:

The inferior turbinates are heated with radiofrequency electrical current (cautery).

Turbinate reduction surgery is generally very well tolerated and effective. Many patients can return home on the day of surgery and the overall healing process takes between 2 & 4 weeks. Most patients experience mild pain that can be well-controlled using Panadol or Panadeine. Do not take Aspirin or Diclofenac as these can all increase bleeding risk. You will be given scripts for medications, including pain relief and nasal spray. The use of saline nasal spray or a saline nasal wash are useful in promoting healing. Nose blowing should be avoided in the first 72 hours, but even then, should be gentle.

Avoid bending. Lifting and straining for a week, as these activities can increase the risk of bleeding. It is also important to stay away from dry, dusty, and smoky environments. Most people will be able to return to work within a week following turbinate reduction surgery. Please inform us if you will require a medical certificate.