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## TURBINATE REDUCTION

### General information:

- ◆ Turbinates are structures within your nose that function to heat, humidify and filter the air you breathe.
- ◆ Turbinates also become inflamed, particularly in people with environmental allergies.
- ◆ Indications to reduce the size of the turbinates include:
  - Nasal congestion
  - Chronic runny nose
  - Nasal pain associated with “contact points”

### Procedure considerations:

- ◆ Turbinate surgery is a generally short surgery, but is often done in conjunction with a septoplasty.
- ◆ Turbinate reduction surgery represents a procedure which physically and permanently reduces the size of the turbinates.
- ◆ Reducing the size of the turbinates will NOT change someone’s environmental allergies but it will improve the above mentioned symptoms
- ◆ There is generally minimal pain associated with surgery.
- ◆ Rarely is nasal packing required with surgery.
- ◆ Your nose will be congested after surgery; it may take 2-4 weeks for your nose to return to normal and for you to enjoy the full benefits of surgery.
- ◆ Follow-up is generally two weeks post surgery.

### Risks of surgery:

- ◆ All surgeries have risks and only the most important are listed here
- ◆ There is a risk of bleeding with any surgery. Typically with this surgery, some scant nasal bleeding for 1-2 days is common. More significant bleeding should be reported to the office.
- ◆ There is a risk of infection anytime any surgery is done. Signs of infection include fever, night sweats, unusual pain, or discharge of thick pus from the nose. Please report concerns of infection to the office.

### Post surgery instructions:

- ◆ Take pain medication as directed/needed.
- ◆ Avoid aspirin containing products or blood thinners for two weeks post surgery.
- ◆ Avoid heavy lifting or exercise for two weeks post surgery.
- ◆ Take any antibiotic or other medication if provided.
- ◆ For the two week period post surgery spray 2-3 sprays of nasal saline in each nostril 3-4 times per day to help eliminate post operative crusting.