



Ear, Nose & Throat Consultants of North Mississippi

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Turbinate Reduction

Indications: This surgery is most often performed to reduce the size of the inferior turbinates—small bones that project into the nose from the lateral wall covered with a very vascular mucosal membrane. Their function is to warm and humidify the air you breathe. When the turbinates become too large they can cause nasal obstruction.

What To Expect: A feeling of pressure and some discomfort in the nasal area is to be expected. Some bleeding should be expected post operatively. A moustache dressing will be taped under your nose to catch any oozing. Change it as often as needed. The first 12 to 18 hours after surgery seems to be the time of most discomfort. Your nose will feel congested until the swelling inside subsides in about one to two weeks after surgery.

Activity: Avoid strenuous activity: lifting, bending, straining, or vigorous exercising for 2 weeks. No blowing your nose for one week after surgery and then resume gently. If you have to sneeze, do it with your mouth open to prevent nasal irritation. The first night, keep your head elevated—the higher the better. Sleeping in a recliner can help. Then keep your head elevated 30 degrees for the first week after surgery. Use a cool-mist humidifier at your bedside to help moisturize membranes in your nose and mouth. Avoid any travel requiring rapid elevation changed, i.e., airline or mountain travel for 2-3 weeks. Use saline spray (Ocean, Nasal, Salinex, Ayr) to keep membranes moist and free of crusts. Use hourly while awake beginning the day of surgery. Irrigate your nose twice a day with the buffered saline solution and a bulb syringe or neti pot.

Diet: In the immediate post operative period start with clear liquids. If there is no nausea you may advance your diet as tolerated. Maintain an adequate fluid intake throughout the post surgical period.

Medications: Pain medication will be prescribed. Take as directed at the proper interval. You may use Afrin nose spray every 12 hours to help decrease congestion. **DO NOT USE MORE THAN 5 DAYS!!** (over use will cause more swelling) Take antibiotics as directed. Apply Antibiotic Ointment four times a day with a q-tip just inside the nasal openings. Avoid aspirin for 2 weeks after surgery.

Reasons to Contact Doctor: Excessive bleeding or fever over 101.5 degrees, rash or diarrhea (signs of toxic shock syndrome). For follow-up appointment if one was not made preoperatively. Do not hesitate to contact our office if you have any problems. Someone is always available.