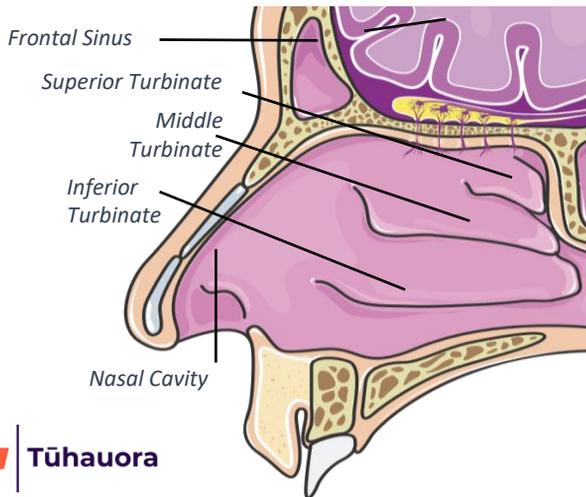


Celon Turbinate Cautery

A Patients Guide



What is Celon Cautery?

Celon Turbinate Cautery is a minimally invasive radiofrequency (RF) procedure used to reduce the size of (enlarged) nasal Turbinates. Turbinates are structures located inside the nose, specifically on the side walls of the nasal cavity. There are typically three pairs of Turbinates: **superior**, **middle**, and **inferior**. Your Turbinates help filter and humidify air. When they become swollen, due to allergies, chronic rhinitis, or other causes, they can block nasal airflow and cause congestion.

What is "Celon"?"

Celon is a RF technology which delivers controlled radiofrequency energy to the Turbinate tissue, causing it to shrink over time as the treated tissue is re-absorbed by the body.

Added Procedure

This operation can be performed on its own or "added" onto other operations like Tonsillectomy, Adenoidectomy or even a Septoplasty.

Nasal Cautery and Turbinate Cautery

Nasal cautery and Turbinate cautery are procedures that use heat to modify tissues in the nose. They both address different issues and have slightly different applications. Nasal cautery primarily focuses on stopping nosebleeds by sealing blood vessels, while Turbinate cautery aims to reduce the size of enlarged Turbinates.

Post-Operative Recovery

We expect you to have some discomfort and swelling in your nose for the first few days after this procedure. It is common to have some nasal discharge, which may be blood-tinged. You may also feel some congestion and have some nasal crusting.

Nasal packing is rarely needed. If David did use packing, we will arrange to see you in 6 weeks for a follow up consultation.

Activities after Surgery

- Avoid blowing your nose forcefully for 7 days.
- Refrain from strenuous activities for at least 7 days.
- Do not insert anything into the nose.
- Nasal rinses and sprays may be required after surgery.
- Follow post-operative instructions for Main operation if this is an added procedure.

Recovery Period

- The full recovery period can take 4 weeks.
- Most patients can return to normal activity within 24-48 hours.
- If this operation was performed at the same time as a FESS, Septoplasty, Rhinoplasty, Tonsil or Adenoid surgery, please follow post op instructions as per the Main operation.

Why do I need Celon Cautery?

This procedure should improve your breathing, reduce nasal congestion, and alleviate other symptoms related to blocked nasal passages. The benefits often include improved airflow through the nose and a reduction in chronic nasal obstruction.

Risks of Celon Turbinate Cautery?

Although there are always risks associated with procedures, Celon Turbinate Cautery is generally low risk. You may experience discomfort, bleeding, infection, and rarely, changes in your sense of smell or a persistent crusting inside the nose.

Washing and Bathing

You can bathe or shower as normal after this operation.

Eating and Drinking

Fluids are important and help with recovery, to prevent dehydration and encourage healing. Eat and drink as normal.

Concerns & Emergency Care

It is common to have a feeling of dryness or crusting inside the nose. These symptoms are normal and typically improve over several days to weeks as the healing process progresses. If you are in severe pain, have a fever greater than 38.5 degrees, are vomiting and cannot take any fluids please phone us on 09 55 33 781. If we are unavailable or you have phoned out of clinic hours, please present acutely to your nearest Emergency Care Facility or Hospital. ENT at Whangārei Hospital have 24/7 on call specialists if needed. If you live in the mid/far north present to Kawakawa or Kaitia hospitals for review.