

TURBINATE SURGERY

A Patients Guide



What is a Turbinoplasty or Turbinectomy?

A Turbinoplasty and Turbinectomy is a 30 – 45-minute nasal operation performed to improve the nasal airway, breathing and drainage from the sinuses into the nose. Both procedures shrink and reduce the Turbinates but they do not change the appearance of your nose. The nose has three pairs of Turbinates: superior, middle and inferior. The inferior nasal Turbinates are the largest and located lowest in the nose. They are also the most likely to become enlarged.

An IT Reduction, or Inferior Turbinate Reduction can be performed by itself or combined with another surgery (i.e.; Adenoid, Tonsil, Nasal or Sinus surgery)

What Is Turbinate Hypertrophy?

Turbinate Hypertrophy is the swelling of the Turbinates. The swelling can be caused from infection, sickness, irritation or allergies. We try to manage Turbinate Hypertrophy medically prior to recommending surgery. Some medical treatments suggested to resolve the underlying issue are steroid sprays, topical and oral allergy medications, nasal saline rinses, and occasionally decongestants. If your symptoms do not improve you may require a turbinate reduction.

Recovery Period

We recommend taking 1 week recovery. If you have this surgery combined with a FESS, Septoplasty or Rhinoplasty you may require 2 + weeks rest and recovery..

First 2 – 6 weeks

- Avoid any substance which may irritate the nose; e.g.; Dust, Smoke, fumes.
- Avoid rubbing your nose.
- You may gently blow your nose 1 day after surgery. If you develop any swelling around the eye area, contact our team immediately, if we are unavailable present to the closest emergency care facility.
- You may begin exercising again at the gym 3 – 4 weeks after surgery
- You may begin swim 2 weeks after surgery
- You may fly 2 weeks after surgery
- you may begin playing sports 1 – 2 weeks after surgery (unless you have also had a FESS or Septoplasty refer to post op guide)

CONTACT: For all Post-operative concerns

Please phone the Tūhauora Clinic. If we are unavailable, please present to your nearest emergency facility / White cross or ED.

Whangarei Hospital: 09 430 4100
Kaitiāia Emergency: 408 9180
Ambulance: 111

The Tūhauora clinic have 24/7 reception service. Leave us a message or email and we'll get back to you within 24 hours. WHG Hospital also have an on-call ENT Team 24/7.

Post-operative Assessment

The Tūhauora Clinic will arrange a 6-week post operative follow up for you.

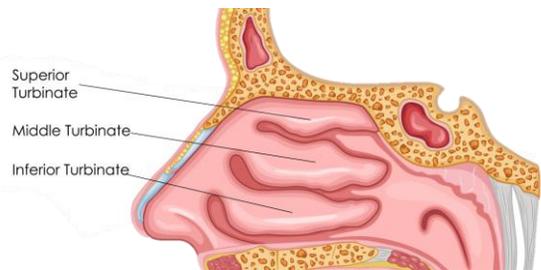
If you have not received notification or information about this follow up within 5 days after your surgery, please contact us. You should receive an automatic system text and email reminder 1 day before your appointment.

Swelling

It is normal to have some swelling of the nose, upper lip, cheeks and around the eyes. The swelling should decrease after the first few days.

Leaving the Hospital

If you live within a safe distance of emergency care and have adult support at home, you should be fine to go home on the same day. If not, you will be admitted for one overnight stay.



Bruising and Bleeding

It's expected to have some bruising around your nose and eyes. It is normal to have a small amount of bleeding from your nose. Feeling stuffy or congested is common for the first 7 days after surgery.

You may also experience numbness at the tip of your nose, upper lips and gums. This feeling should return 1 – 2 weeks after surgery but may take up to a few months.

After Surgery

After your surgery you will have a nasal drip pad under your nose to catch mucus, discharge or blood. You can change this pad when needed. We expect this to be as frequent as every hour for 24 hours. Some discomfort is to be expected and should improve 1 week after your operation.

Your sense of smell may not be the same after surgery; it should improve as you make a full recovery

Eating & Drinking

Eat and drink as normal. Fluids are very important to help you recover and to prevent dehydration .

Nasal Rinsing

You may need to nasal rinse 4 times per day starting 24 hours after your surgery. You may have debris come out of your nostril from rinsing; this is okay. The irrigation should not be painful although it may feel unnatural and uncomfortable. Pre-made sinus rinse sachet's can be purchased at your local chemist, we recommend using Neil MED Sinus Rinse. To make the rinse at home mix 1 tsp salt, 1tsp baking soda in 1L of warm water.