

## **INFERIOR TURBINECTOMY**

A turbinectomy is the surgical removal of an abnormally enlarged inferior (lower) turbinate from inside the nose to improve breathing. It is a safe and effective procedure to relieve complaints of nasal stuffiness, snoring and difficult nasal breathing. Inferior turbinate procedures are performed under local or general anesthesia. Sometimes the turbinate is cauterized or frozen rather than removed in order to make it smaller. Complications associated with turbinectomy are crusting, dryness, scarring and bleeding. Postoperative bleeding is not uncommon and can be controlled. Sprays or watery solutions are prescribed to relieve dryness and aid in healing.

Following surgery, if no nasal packing is required, a follow-up visit is scheduled in approximately 4 days following surgery. This is necessary in order to clean crusts from the surgical site. A further follow-up visit is then scheduled in 2 to 6 weeks. Occasionally, further minor endoscopic procedures, or rarely, a more surgical procedure could be required if a resolution of symptoms does not occur.

### **POST-OP INSTRUCTIONS**

You should stay at home for one day and observe for bleeding. Bleeding is rare, but observation should be maintained. Any bright red bleeding should be reported to your doctor if it persists longer than 10 minutes or is profuse. Blood tinged drainage is normal.

If general anesthesia is used, you may be nauseated. This usually clears after a few hours. If the nausea persists or you vomit repeatedly your physician should be contacted. Gradually increase to normal activity over a 1-week period. If the procedure is done under local anesthesia, gradually increase to normal activity over 3 to 4 days.

Do not blow your nose. Blowing your nose, coughing, or sneezing increases pressure in your sinuses and may cause damage to your operation. If you must cough or sneeze do so with your mouth open.

Elevate your head on 3 pillows.

Ice packs may be placed over the cheeks every 3 to 4 hours for 15-20 minutes.

Change your nasal drip pad as needed.

Follow your physician's instructions.

### **RISKS AND COMPLICATIONS**

As with any other surgery, there are possible risks and complications. These include the following: Numbness or discomfort, which is temporary, may occur in the upper front teeth.