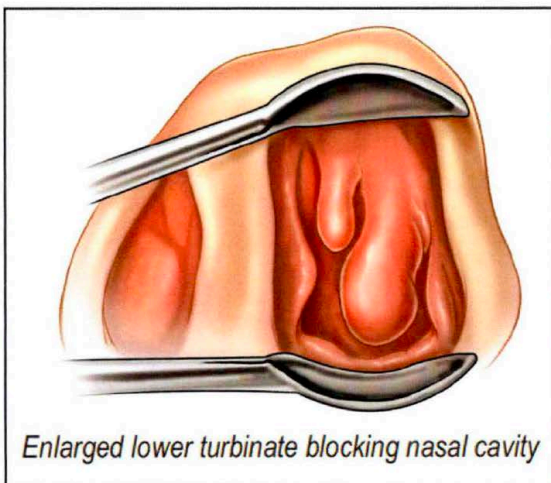
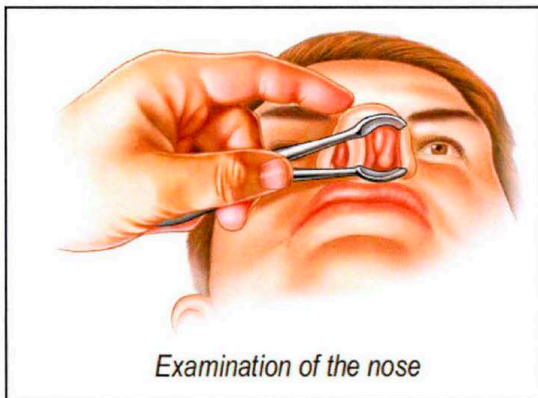


Surgery to reduce the size of nasal turbinates

The turbinates are structures which protrude into the nasal cavity. Their function is to warm and humidify inhaled air. Enlargement of these structures will cause obstruction to the airflow in the nasal cavity. This will give a sensation of nasal blockage.

There are many reasons for enlargement of the turbinates and some are listed as follows:

- Allergy e.g. to dust mite, pollens, moulds or grasses
- Irritation due to cigarette smoke, or inhaled chemicals.
- The nasal septum is the tissue which divides the right from the left nostril. A severe bend can make one nostril much smaller than the other so a normal



size turbinate takes on the properties of a large one. There are several techniques used to reduce the size of enlarged turbinates. Your surgeon will discuss his preferred option with you.

Preparing for surgery

Always tell your ENT specialist and anaesthetist about your medical history and be sure to mention problems such as allergies or side effects to medication. Inform your specialists about any medication which you might be taking. This includes any natural medicines like vitamins.

If there is a family history of blood clotting problems (increased bleeding tendencies or easy bruising or deep vein thrombosis) or allergy to anaesthetics be certain to mention this as well.

Things to avoid taking at least 3 weeks before your surgery

- Aspirin
- Anti inflammatory medication like Celebrex or Ibuprofen (Nurofen)
- Vitamin E
- Garlic tablets

You will not be allowed to resume taking any of this medication unless your surgeon has given you permission to do so. If you start taking any of these treatments too soon after the operation you run a high risk of bleeding and with this increased complications.

You must stop smoking as soon as possible. It is advisable to use this opportunity to quit smoking altogether.

Please remember to bring any X rays or CT scans with you to the hospital.



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Should you develop a cold please tell your surgeon immediately. In the event of this happening your surgery will most probably be re-scheduled.

After surgery care

Turbinate reduction surgery may be performed as day surgery or you may be required to remain in hospital overnight. Your surgeon will advise you of his preference. In either event it is important that you organise to be driven home from hospital. You should not drive for a few days after the surgery.

You may experience some mild pain for which paracetamol tablets or paracetamol and codeine tablets can be taken 4-6 hourly.

You may also have symptoms suggestive of a head cold such as nasal congestion, nasal discharge and headache. These may last for up to 2 weeks after surgery.

It is possible for the blood and mucus in the nose to form crusts and so create nasal discomfort for you. In order to reduce this crusting your surgeon would like you to use FLO® Saline+Plus, a preservative free nasal saline spray which can be obtained from your local pharmacy. You should use 3-4 squirts into each nostril every few hours during the daytime.

It is advisable not to do any physical activity for at least 10 days after your operation. Avoid blowing your nose for at least two days after surgery. If you do have to sneeze, then you should do this with your mouth open to allow the force of the sneeze to pass through the mouth rather than the nose.

Complications of turbinate surgery

a) Bleeding - This may occur within the first 24 hours after surgery. It may also occur 5-8 days after surgery. If it is severe enough you may require re-admission to hospital for treatment. Rarely blood transfusion may be required.

- b) Scar tissue formation - This can form across the nasal cavity and should it occur you will require further surgery to correct it.
- c) Failure of surgery - The remaining turbinates can remain swollen and symptoms of nasal blockage and stuffiness can recur. Further surgery may be required to resolve these symptoms.
- d) Sometimes the shrinking of the turbinate can result in ongoing dryness of the nasal cavity. Symptoms include crusting, a feeling of nasal stuffiness and distortion to the sense of smell.
- e) On occasion the airflow sensors in the nose can be adversely affected and the feeling of nasal stuffiness remains, even although there is adequate flow of air through the nose

General complications of surgery

Any surgery may be complicated by the following:

- a) Bleeding requiring further surgery or blood transfusion
- ii) Nausea following the general anaesthetic
- iii) Allergic reactions to anaesthetic agents, dressings or antiseptic solutions
- iv) Deep vein thrombosis, heart attack or stroke.

You must contact your surgeon immediately if you have any of the following:

- Fever greater than 38°C or chills
- Nose bleeding excessively
- Yellow/green mucus coming from the nostrils
- Pain in the nose that is getting worse
- Facial pain or headache
- Dizziness or fainting
- Shortness of breath
- Pain in the calf



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