



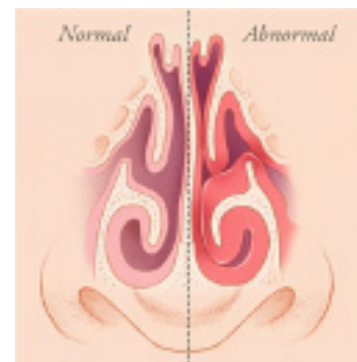
Turbinate Reduction Surgery Frequently Asked Questions

WHAT ARE TURBINATES?

The turbinates are air handlers in the nose, which are responsible for humidifying and warming the air before it reaches the lungs. The turbinates also help with directing the flow of air in the nose so that it has a nice smooth even flow.

WHY IS TURBINATE REDUCTION SURGERY DONE?

The turbinates often swell up due to allergies. The body does this to try and prevent the allergens from entering the body, but this often makes it near impossible to breathe through your nose. The turbinates can be shrunk in order to allow better airflow. They are shrunk from the inside so as to maintain the outer layer, which is important for cleaning out your nose (known as mucociliary clearance). The turbinate is then often “out-fractured” which allows for even more room to breathe.



WHAT ARE THE RISKS OF TURBINATE REDUCTION SURGERY?

The greatest risk with this surgery is bleeding. You can expect some minimal bleeding for a few hours on the day of the surgery. This bleeding, however, should be easily controlled with a tissue and shouldn't hinder your immediate return to normal activities.

CAN THE TURBINATES SWELL BACK UP AGAIN IN THE FUTURE?

The turbinates can become enlarged again if your chronic allergies are not adequately treated. This surgery, however, will result in a life-long improvement in nasal breathing with the majority of patients.

CAN I DRIVE MYSELF HOME AFTER TURBINATE REDUCTION SURGERY?

Yes, if the surgery is done in the office, you will be able to drive yourself to the office and then back home or work immediately after. However, this surgery can also be done in the operating room and, in that case, you will need a driver on the day of surgery.

HOW LONG DOES THE SURGERY TAKE?

You can expect to be at the office for approximately one hour. Although the procedure itself usually only takes 10-15 minutes, we will take the time to spray the inside of your nose with a numbing medication and also apply numbing medicine topically before beginning the procedure. If the surgery is done in the operating room, then you should expect to be at the facility for at least a few hours. This will allow time for the preoperative and recovery periods and you will be discharged home once you've met discharge criteria.

WHAT CAN I EXPECT AFTER TURBINATE REDUCTION SURGERY?

- You may experience **slight nasal bleeding** directly after surgery. If this occurs, the bleeding should be easily controlled with pressure and should not interfere with your return to daily activities.
- You can expect **increased nasal congestion** for the **next two weeks**. This usually starts the day after surgery.
- **Starting the day of surgery**, begin using **Nasal Saline Sprays every hour on the hour**. You quite literally cannot use the Nasal Saline Sprays too much and keeping this area moist is **very important for your healing**.
- You may also apply Vaseline ointment in your nose to help keep the area moist.
- **Avoid** participating in any **strenuous physical activity for at least 24 hours** after surgery to minimize the risk of bleeding.
- **Wait one week** before resuming the use of your **CPAP** machine.

WHEN CAN I RETURN TO WORK OR NORMAL ACTIVITIES?

If your surgery is done in the office, you can return to work or normal activities that same day. If your surgery is done in the operating room, or you have taken any sedating medications on the day of surgery, you will need to avoid driving or operating heavy machinery for 24 hours after surgery.

WHEN DO I NEED TO FOLLOW UP AFTER SURGERY?

A follow-up appointment will need to be scheduled for two to three weeks after surgery.

WHAT ARE SOME THINGS I NEED TO LOOK FOR AFTER SURGERY?

Contact my office or go to the nearest emergency room if your child has:

- Increased eye pain
- Fever over 101°F
- Change in vision
- Swelling or bruising around the eyes
- Severe or worsening headache
- Nosebleed that persists

As a Christian, I strongly believe in prayer and pray for all of my patients, especially during surgery. If you would like me to pray with you and your family before any surgical procedure, please ask.

DO NOT hesitate to contact our office for any emergency at 580-421-6470. If a problem should arise when the office is closed, you may have us paged through the Mercy Hospital, ADA Operator at 580-332-2323; or go directly to the nearest Emergency Room.

More information can be found at www.LandrumENT.com.