

## Turbinate reduction- Submucous resection

The inferior turbinate bones are bones in the nose that can enlarge from allergies (and other problems), causing nasal blockage. There are 3 turbinates in each side of the nose, that play a role in the airflow, humidification, and temperature regulation of the nose. A turbinate reduction (submucous resection) may be done under anesthesia to possibly reduce dependence on nasal sprays and to help breathing through the nose. By doing so, the normal functions of the turbinate are generally maintained since only a small part is removed. The procedure is done either under local or general anesthesia. It may be done in conjunction with other nasal, sinus, or throat surgery. The idea is to partially remove some of the swollen tissue (soft tissue and bone) to improve airflow through both sides of the nose. The procedure is done by looking into the nose (sometimes with a scope) and then using various methods to reduce the turbinate in size. No incision is seen on the surface, as the procedure is done through the nostril. A "submucous resection" means that some of the tissue under the surface lining of the turbinate is removed.

### Instructions after the procedure

- You will experience nasal congestion and "stuffiness" for 1-2 weeks, which is normal after the procedure.
- You may have some mild bleeding for 1-2 weeks.
- If you have bright red, continuous bleeding, then follow the below instructions:
  1. Perform a vigorous saline rinse.
  2. Gently blow your nose.
  3. Spray 4 spray of OTC Afrin Nasal Spray (or decongestant spray) into each nostril every 4 hours as needed.
  4. Hold pressure (pinch entire nose closed, both sides) for 20 minutes.
- Use Tylenol (or other prescribed pain meds) as needed for discomfort.
- Try not to blow your nose hard. Gently blow the nose and wipe with tissues if needed.
- Diet can be regular.
- Activity should be minimized for 3 days, including avoiding heavy lifting and working out.
- Use nasal saline rinses 3 times a day until the follow-up visit to keep the nose clean and moisturized. Start this the evening of the surgery, unless directed otherwise. You can purchase saline rinse kits in the office. Peroxide should be used on Q-tips to clean crusting and blood on the outer nose.
- If you start to smell a foul smell from the nose, it is likely that you have crusting on the inferior turbinates, and you may need to increase your saline rinse frequency and be seen in our office for debridement (cleaning the nose with the use of a scope).
- It is OK to start oral medications immediately and nasal sprays 2 days after the procedure.
- Your post operative appointment should have been scheduled at the time of scheduling the procedure and is usually scheduled for 2-3 weeks post procedure. If you do not have a post operative appointment, please contact the surgery scheduler.