



Inferior Turbinate Hypertrophy Surgery

Inferior Turbinate Hypertrophy refers to the enlargement of the turbinates, which are small curved bones that extend horizontally along the wall of the nasal passage. Their primary function is to regulate airflow and warm, humidify, and filter the air we breathe. Hypertrophy of the turbinates can further exacerbate breathing difficulties.

Surgery for this condition aims to improve airflow, relieve nasal obstruction, and enhance overall nasal function. The procedure is done in the office, under local anesthetic and takes about 30 minutes.

Pre-Operative Instructions:

- **Medications:**
 - **Blood Thinners:** If you are taking blood-thinning medications (e.g., aspirin, warfarin, Plavix), inform your doctor. You may need to stop these medications several days before the procedure.
 - **Other Medications:** Continue taking your regular medications unless instructed otherwise.
 - **Allergy Medications:** Your doctor may advise taking allergy medications or nasal sprays before the procedure to reduce nasal inflammation.
- **Fasting:**
 - No fasting is typically required for this in-office procedure. However, avoid heavy meals within 2-3 hours before your appointment.
- **Allergies:**
 - Inform your doctor of any allergies, especially to medications, latex, or topical or local anesthetics like lidocaine or tetracaine.
- **Smoking/Alcohol:**
 - Avoid smoking and alcohol for at least 24 hours before the procedure, as these can affect healing.
- **Transportation:**
 - Arrange for someone to drive you home after the procedure if you receive any sedative medication.
- **Clothing:**
 - Wear comfortable clothing to your appointment. Avoid wearing makeup or jewelry, particularly around the face.

Post-Operative Instructions:

- **Activity:**
 - Rest for the remainder of the day after the procedure.
 - Resume normal activities the following day but avoid vigorous exercise for 24-48 hours.
- **Diet:**



- You can eat and drink normally after the procedure after any numbing of the throat resolves which can occur during the procedure.
- **Pain Management:**
 - Mild discomfort or pressure in the ears or nose is normal. Over-the-counter pain relievers like acetaminophen (Tylenol) or ibuprofen (Motrin) can be used if needed.
- **Wound Care:**
 - You may shower after 24 hours but avoid submersion or swimming until seen in the office.
 - Avoid blowing your nose forcefully for the first 24 hours after the procedure.
- **Medications:**
 - Use over the counter nasal saline in your nose 6 times daily until follow up.
 - You may experience some light bleeding from your nose for the first 48 hours. You may use over the counter Afrin Nasal Spray (oxymetazoline) if bleeding is moderate.
 - Do NOT resume medicated nasal sprays like nasal steroids or antihistamines until instructed to do so by your surgeon.
- **Bleeding:**
 - A small amount of blood-tinged nasal discharge may occur. If you experience significant or prolonged bleeding, contact your doctor.
- **Follow-Up:**
 - Schedule a follow-up appointment with your doctor to assess your progress.
 - Report any persistent symptoms such as severe pain, excessive bleeding, swelling around the eyes, or signs of infection (e.g., fever, discolored nasal discharge) to your doctor immediately.
- **Expected Outcomes:**
 - Improvement is usually noted within a few weeks after the procedure, with gradual relief of symptoms.