



## 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 aim to improve airflow, relieve nasal obstruction, and enhance overall nasal function. The procedure is done under general anesthesia, typically as an outpatient, and takes about 30 minutes.

### Pre-Operative Instructions:

- **Fasting:**
  - Avoid eating or drinking after midnight the night before surgery.
- **Medications:**
  - You will likely need to stop taking blood thinners, weight loss medications and some diabetes medications, consult with your doctor. See attached for general recommendations.
  - Take all other prescribed medications with a small sip of water as instructed.
- **Health Status:**
  - Notify your doctor if you have any symptoms of cold, flu, or respiratory infection.
  - Inform your doctor of any allergies, especially to sedatives or anesthetics.
- **Day of Surgery:**
  - Arrive at the surgical facility as instructed.
  - Wear comfortable clothing and remove jewelry, make-up, and contact lenses.
  - Arrange for a responsible adult to drive you home after the procedure, as you will not be able to drive yourself.

### Post-Operative Instructions:

- **Activity:**
  - Rest for the first 24 hours after surgery.
  - Gradually resume normal activities as tolerated.
  - Avoid strenuous activities and heavy lifting for at least 1-2 weeks.
  - Often patients prefer to sleep with their head elevated on several pillows for a few days.
  - Avoid blowing your nose.

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- **Diet:**
  - You may resume a normal diet as soon as you feel able but avoid foods that are hard to swallow initially due to potential throat discomfort.
- **Wound Care:**
  - You may shower after 24 hours but avoid submersion or swimming until seen in the office.
- **Medications:**
  - Use over the counter nasal saline in your nose 6 times daily until follow up.
  - You may experience light bleeding from your nose for the first 48 hours after surgery. 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.
- **Follow-Up:**
  - Follow up with your surgeon's office as scheduled.
- **Emergency Situations:**
  - If you experience severe symptoms of fever, uncontrolled pain, changes in vision, or persistent nausea and vomiting, contact your surgeon's office.

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