

Nasal Turbinate Reduction Using Coblation Post-operative instructions

What is a turbinate reduction procedure using coblation?

Turbinate reduction is a minimally-invasive procedure (no incision needed) to reduce the size of the turbinates in your nose to improve sleep apnea and snoring. **Turbinates** are structures in your nose that moisten and warm the air you breathe in. Sometimes they can become swollen and block air flow through your nose. The **coblation** procedure uses radiofrequency energy (heat-producing radio waves) to reduce the size of the turbinates so you can breathe easier.

What can I expect after the surgery?

- Your nose will feel full and can ooze for the first 48 -72 hours.
- You will have a more open passageway to allow you to breathe easier. However, healing can take up to 6 weeks, so you may not feel improvement right away.

How will I take care of the nose after surgery?

- Sleep with your head elevated on at least one pillow the first night.
- Use a nasal sinus rinse 6-8 times throughout the day.
- You can blow your nose **gently**; you will have crusting on the nose for approximately 3 weeks.
- Refrain from blowing your nose or sneezing (if possible) for 2 weeks.
- Place a 4x4 gauze under the nose to catch any leakage when you are lying down. Change it often for the first 24 -48 hours.
- Use Afrin nasal spray if you have any bleeding. Spray twice in each surgical nostril every 4 hours as needed.
- You can use your CPAP machine.

How do I manage pain at home?

- Take Tylenol or Motrin (unless your doctor tells you not to) as needed for any pain.

What kind of activity can I do after the surgery?

- Return to activities that do **not** elevate blood pressure. Do not lift items greater than 20 pounds for the first week.
- You may return to desk-type work in 24 hours
- Follow up visits can be done via video visit unless you are having any problems.

When should I call the doctor?

Call your doctor if you have:

- Bleeding that doesn't stop after 20 minutes of applying gentle pressure to the side(s) of the nose while sitting in an upright position with head bent forward.
- Used 2 sprays of Afrin every 4 hours but you still have blood oozing or clots.
- Extreme swelling or bruising in the middle of your face.
- Pain that is not relieved by pain medications taken as directed.
- Oral temperature of 100.5 F.

What is the contact information?

If you have any questions, problems or concerns:

- From 8:00am-5:00pm Monday through Friday:
 - Call the Otolaryngology Clinic at (734) 936-8027.
- After 5:00 PM or on weekends if you have an urgent issue:
 - Call hospital paging at (734) 936-6267 and ask the operator to page the ENT resident "on call".

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Author: Kathy Herman, RN
Reviewers: Paul Hoff, MD
Plain language editor: Karelyn Munro, BA

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