

Radiofrequency Turbinate Reduction

Post-operative instructions

What is Radiofrequency turbinate reduction?

Turbinate reduction is a procedure to reduce the size of the turbinates in your nose. Turbinates are structures in your nose that moisten and warm the air you breathe in. The radiofrequency procedure uses a needle-like instrument to cause controlled damage (heat producing radio waves) to the turbinates. By the time the turbinates are healed, they will be reduced in size, allowing improved airflow through the nose.

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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