Do you want to know?

Inferior Turbinate Surgery

D06
sheet 1/1

What is it?

There are three pairs of turbinates that orginate on the lateral walls inside the nose. When the inferior turbinates (the lowest pair) are enlarged they cause nasal obstruction. Surgical treatment of enlarged symptomatic inferior turbinate is indicated when obstruction is not responsive to vigorous medical management. Symptoms may include breathing through the mouth and snoring.

What do you need to know?

Drugs
Take medications as prescribed by your physician.

Diet
- Resume food intake as tolerated.
- Encourage fluid intake to help loosen nasal secretions.

Activity
Avoid strenuous activity for 2–3 weeks to prevent bleeding.

Therapeutic Measures
- Expect the nose to be packed for 24 to 48 hrs to prevent bleeding.
- Do frequent mouth care. The presence of old blood in the mouth, dryness in the mouth due to mouth breathing, and the loss of ability to smell all lead to decreased appetite.
- Avoid blowing the nose for 48 hrs after packing is removed.
- Avoid constipation and vigorous coughing until healing occurs (1–2 weeks).
- Apply dressing under the nose and change as necessary.

Considerations
- Expect stools to be tarry for several days due to the presence of postnasal blood drainage.
- Expect face to be discolored around eyes and nose for several days.
- Minimize exposure to the sun or hot environment for 2 weeks.
- Report to your physician if high temperature, unusual pain and bleeding from the affected site develop.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.
Prepared by the Nursing Services in coordination with other health care disciplines.

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