

# Hill Country

## Ear, Nose, and Throat, P.A.

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### **Turbinate Procedure in Office**

**Inferior Turbinate Procedures:** Reduction of the size and/or the position of the turbinate. Turbinates regulate nasal airflow. This procedure is done to improve nasal breathing and create a better nasal airway. This is done with a thin radiofrequency wand. This is a minimally invasive procedure. This can be done as a brief office procedure.

#### **What to expect the day of the procedure:**

- ❖ Dr. Lano will apply some numbing medicine in the nose.
- ❖ The procedure will take about 5 minutes.
- ❖ Then the turbinate may be displaced out of the nasal airway to improve airflow.

#### **What to expect after the procedure:**

- ❖ NO pain
- ❖ Minor bleeding
- ❖ Nasal airway will be improved initially, then you may be congested for 3-10 days after the procedure, but then improve.
- ❖ There may be some small nasal crusts at the incision site for a few days.

#### **Care of the nose after the procedure:**

- ❖ Expect minor amount of bleeding for a few hours or up to 1-2 days.
- ❖ You can use a few puffs of Afrin if there is any bleeding.



- ❖ Avoid taking any blood thinning medications (i.e. aspirin, Motrin, ibuprofen, etc.), unless directed by Dr. Lano.
- ❖ Keep head elevated for 1 week, use 2-3 pillows at night. Don't bend or lift.
- ❖ Don't do activities that are strenuous or dusty or dirty for 2 days.
- ❖ Use a nasal saline spray (ocean or ayr) in the nose 2 times daily for 3 days.
- ❖ Use a bit of Neosporin ointment, Vaseline, or ayr gel in the nose 2 times daily for 3 days, this keeps the minor nasal crusts to a minimum. You can apply with a Q-tip.
- ❖ You will have to follow up with Dr. Lano within 3 weeks after the surgery.

**Frequently asked questions:**

- ❖ Is this covered by insurance? YES, Medicare and most insurance companies cover this.
- ❖ Can this be performed with other procedures? YES, sometimes balloon sinuplasty is done the same day
- ❖ Do I need to take any medications before the procedure? NO, not usually.

Call Dr. Lanos office at 830-629-5830 if you have any further questions