

## Post-procedure Instructions Following: Inferior Turbinate Radiofrequency Reduction

### General:

Inferior turbinates are long, sausage shaped structures which protrude from the side-wall of the internal nasal cavity on each side. These structures are composed of a ridge of bone lined with thick, well vascularized soft tissue and covered by a moist mucous membrane. These structures warm, filter and humidify the air inspired through the nose. When irreversibly enlarged from chronic inflammation or congenital enlargement, reduction in the size of inferior turbinates may be necessary. Inferior turbinate radiofrequency reduction may be performed under local anesthesia (numbing spray in the nose and a small injection of numbing solution into the turbinate tissue) in the physician's office. Radiofrequency energy is delivered into the soft tissue of the turbinate to promote internal scar contracture over the following several weeks which results in reduction of the inferior turbinate size. The nose may be congested or obstructed in the first few to several days following the procedure. This is relieved with a topical decongestant spray and saline rinses (see Nasal Care following the Surgery below). Mild oozing of blood from the nose may occur in the first 24-48 hours following the procedure.

### Diet:

There are no dietary restrictions following inferior turbinate radiofrequency reduction.

### Pain control:

Patients report mild nasal discomfort and congestion a few to several days following turbinate radiofrequency reduction. When patients do experience nasal pain following the procedure, it is usually well controlled with prescription strength oral pain medications (Vicodin, Tylenol #3). Please take the pain medication prescribed by your surgeon when needed. You should avoid non-steroidal anti-inflammatory drugs (NSAIDS) such as aspirin, ibuprofen, naproxen (Excedrin, Motrin, Naprosyn, Advil) because these drugs are mild blood thinners and will increase your chances of having a post-operative nose bleed. Please contact our office if your pain is not controlled with your prescription pain medication.

### Activity:

No heavy lifting or straining for 12 hours following the surgery. (nothing heavier than 10 lbs). You may return to normal physical activity and vigorous exercise the day after the procedure.

### Nasal care following the surgery:

Rinse the nose 2 times daily with saline solution beginning the morning following the procedure. This can be accomplished with a Neil-Med Sinus Rinse bottle (available over the counter at most pharmacies) or a Neti-Pot. After rinsing the nose, administer 2 sprays of Afrin (Oxymetazoline) or Neosynepherine spray to each nasal passage. Apply this Afrin or Neosynepherine twice daily for 3 days only then discard the bottle. If Afrin or Neosynepherine are used for longer than 3 days you may experience worsening nasal congestion. Hot steam showers as needed are very helpful in relieving nasal congestion and crusting. Sleep with the head elevated for the first 24 hours; this will minimize pain and congestion. You may use two

pillows to do this or sleep in a reclining chair. Resume your regular nasal sprays (Flonase, Dymista, Nasonex, Veramyst, Rhinocort, Astelin, Patanase, etc) the day following the procedure. Soaking a cotton ball with oxymetazoline or neosynepherine spray, stuffing it into the front of the nasal cavity and pinching the nostrils together for 10 minutes is often effective in halting troublesome bleeding during the first few days. Don't forget to remove the cotton ball after 5-10 minutes.

Follow-up appointment:

Your follow up appointment in the office will be in approximately 2 weeks. At that time, your nasal airway will be assessed. If additional radiofrequency reduction is indicated, this can be performed 6 weeks following your initial procedure.

Please call our office immediately if you experience:

- \*Brisk nose bleeding which won't stop with the Afrin soaked cotton ball and 10 minutes of pressure (see Nasal care following surgery)
- \*Fever greater than 101 degrees Fahrenheit
- \*Purulent discharge (pus) coming from the nose
- \*Severe nasal pain or headache