

**Family Ear, Nose and Throat, LLC**  
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**TURBINATE REDUCTION**

Turbinates are structures that protrude from the inside sidewall of the nose into the nasal cavity. Their job is to warm and humidify the air we breathe. Sometimes they may become enlarged (Turbinates Hypertrophy) and obstruct the nasal cavity. This can contribute to nasal congestion, persistent runny nose, and post nasal drip. Turbinates are also a vascular structure and any inflammation can cause swelling as well.

The goal of turbinate reduction surgery is to reduce the overall size of the turbinate, thereby increasing air flow into the nasal passage and decreasing nasal congestion, nasal drainage and post nasal drip. Turbinate reduction surgery can be done in an office setting or operating room, depending on what you and your provider decide is best. The surgery involves using radio frequency ablation to shrink the turbinates, and the turbinate bones are displaced outward to open the nasal passage.

After surgery, you will have postoperative instructions:

- **Do not blow your nose until directed by your provider.**
- **Sneeze with an open mouth.**
- **Use saline irrigations to cut down on crusting (use 4-5 times per day).**
- **Take antibiotics as directed by your provider.**
- **Use Tylenol or Motrin for any discomfort.**
- **Follow up as directed by your provider.**

Postoperative recovery time after surgery is approximately 1-2 weeks. Full benefit is not realized until up to 3 months after the procedure. No nasal packing is required and you may experience nasal congestion during the recovery phase. Potential side effects may include mild crusting, minimal nasal bleeding and mild pain.

If you have questions during your recovery, please contact our clinical staff at 207-351-3525.