PENTA
Pediatric ENT of Atlanta
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Inferior Turbinate Reduction Surgery

This teaching sheet contains general information only. Talk with your child's doctor or a member of the healthcare team about specific care for your child.

What are turbinates?

- Turbinates are bony structures covered in tissue that line the side of the nose. The turbinates help humidify, filter, and regulate airflow through the nose.
- They can become enlarged due to allergies, irritation to the nose, or infection. Enlarged turbinates can cause snoring, nasal congestion, and difficulty breathing through the nose.
- We typically try to reduce the size of enlarged turbinates with nasal steroids; however, when this is not effective, we may offer surgery to provide relief of obstructive symptoms.

What is a turbinate reduction?

- Turbinate reduction is a procedure performed to reduce the size of enlarged nasal turbinates which improves airflow and relieves chronic nasal congestion.

Why don't we remove the entire turbinate?

- Nasal turbinates are not completely removed because removal can result in a nose that is functionally unable to properly sense airflow and warm the air we breathe.

WHAT SHOULD I EXPECT AFTER SURGERY?

- Nasal congestion can be expected for about 2 weeks after the procedure while the nose is healing.
- Tylenol and Motrin can be used as needed to relieve any discomfort.
- Nasal saline rinses should be performed 2-3 times per day for at least 14 days after the procedure.

ACTIVITY

- Your child may return to school 5 days after surgery
- Light physical activity for 5-7 days
- No forceful nose blowing for one week

ADDITIONAL INFORMATION

- Mild nosebleeds for 2-3 days are normal. Afrin may be used, but no more than 3 days in a row.

PLEASE CALL THE OFFICE AT 404-255-2033 FOR ANY QUESTIONS OR CONCERNS

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Inferior Turbinate Resection Surgery

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What are turbinates?

- Turbinates are bony structures covered in tissue that line the side of the nose. The turbinates help humidify, filter, and regulate airflow through the nose.
- They can become enlarged due to allergies, irritation to the nose, or infection. Enlarged turbinates can cause snoring, nasal congestion, and difficulty breathing through the nose.
- We typically try to reduce the size of enlarged turbinates with nasal steroids; however, when this is not effective, we may offer surgery to provide relief of obstructive symptoms.

What is a turbinate resection?

- Turbinate resection is where we remove some of the bone and/or tissue as well as shrink the turbinate so that the tissue is no longer swollen.

Why don't we remove the entire turbinate?

- Nasal turbinates are not completely removed because removal can result in a nose that is functionally unable to adequately sense airflow and warm the air we breathe.

WHAT SHOULD I EXPECT AFTER SURGERY?

- Nasal congestion can be expected for about 2-3 weeks after the procedure while the nose is healing.
- Nasal saline rinses should be performed 2-3 times per day for at least 14 - 21 days after the procedure.
- DO NOT use Flonase for one week after surgery.

PAIN CONTROL/MEDICATIONS

- Tylenol and Motrin are acceptable pain medications after an inferior turbinate resection.
- Some may start an antibiotic (Keflex twice a day for 7 days), and some may prescribe a topical ointment (mupirocin ointment twice a day) to be applied gently inside the nose

ACTIVITY

- Your child may return to school 7 days after surgery
- No strenuous physical activity for 3 weeks
- No forceful nose blowing for one week

ADDITIONAL INFORMATION

- Mild nosebleeds for 2-3 days are normal. Afrin may be used, but no more than 3 days in a row