



Turbinate Reduction/Cautery

Patient and Family Education

This teaching sheet contains general information. If you have any additional questions, please speak with the office nurse at (813) 262-1330.

What are turbinates?

The turbinates (shelves) are mucosa within the nose which filter and humidify air as you breathe. There are three turbinates (inferior, middle, and superior) on each side of your nose. Sometimes they may become enlarged due to allergies or irritants.

How long will it take to recover?

Most children are pain free within 48 hours after surgery. Some children take a few days to recover. Increased snoring or nasal congestion is normal after surgery and caused by temporary swelling. Bad breath is also normal and caused by the scabs that form after surgery. The snoring, congestion, and bad breath should be gone within 14 days after surgery. There should be no excessive bleeding from the mouth or nose after surgery. There may be some blood clots in the mucus as the scabs fall off.

How can I take care of my child after surgery?

1. Pain- Most children are back to normal within 48 hours after surgery. If uncomfortable, please give Tylenol (Acetaminophen) every 4-6 hours as needed for pain.
2. Congestion-It is normal to feel very congested due to the scabbing and crusting that form after surgery. We do not recommend blowing the nose or "picking" the nose while healing though you may use light wiping as needed. If crusting or scabbing remains at your post-operative appointment Dr Hotchkiss will attempt to remove it.
 - a. Afrin: 2 sprays each nostril twice daily for the first three days after surgery, then:
 - b. Saline Nasal Spray: 2 sprays each nostril twice daily until your follow up appointment (Start Saline day 4)
3. Fever- A low grade fever less than 101° F may occur after surgery and may be treated with Tylenol (Acetaminophen) every 4-6 hours as needed.
4. Bleeding- There may be some blood clots from the nose as the scabbing falls off but there should be no excessive nose bleeds.
5. Activity- It is best for your child to rest at home the day of surgery. Try to keep his/her head elevated for the first 48 hours after going home. Discourage your child from blowing their nose. She/he may resume light activities, including school 2 days after surgery. No vigorous activity or PE (physical education) for 2 weeks post-surgery. Light swimming is allowed 1 week after surgery.
6. Post-Op Appointment- A follow up appointment should be made in our office for 2-3 weeks after surgery. Please call if not already scheduled.

When should I call the doctor?

Call the office if your child experiences:

- Excessive nose bleeding
- A temperature over 101° F
- Fevers that persist more than 12 hours post-surgery
- Persistent headache
- If you have any concerns about how your child looks or feels

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