Hill Country

Ear, Nose, and Throat, P.A.

42 Gruene Park Drive Phone: 830-629-5830

New Braunfels, TX, 78130 Fax: 830-629-3647

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 to1-2 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