

NASAL TURBINATE REDUCTION

Nasal allergy in children commonly causes a chronically stuffy nose, often associated with sneezing or watery discharge. The blockage is due to swelling of the folds of mucosa (turbinates) in the nose that heat and moisten the air passing to the lungs.

With time, these turbinate folds become irreversibly enlarged requiring surgery to reduce their size.

Trimming the swollen turbinates provides a simple and effective method to overcome the trouble. The surgery takes perhaps fifteen minutes and is done under general anaesthetic as an overnight procedure.

The procedure is a safe and relatively simple matter, with few difficulties. The instructions below are intended to avoid any concerns or unexpected occurrences that follow the surgery. Please let us know if you are uncertain about any aspects.

General Risks

As with any procedure, the general anaesthetic used has a range of risks not unique to nasal surgery. At Queensland Otolaryngology our anaesthetists are highly skilled and practiced at paediatric procedures, and problems are rarely a lasting concern.

Bleeding

Trimming the turbinates incurs bleeding and a risk to the surrounding structures. Any problems are usually a result of severe infection or scarring. Bleeding at surgery is controlled uneventfully in the great majority, but excessive bleeding may occur in cases with abnormally large vessels nearby. Rarely, scarring may result in persisting nasal stuffiness

After surgery, the nose is packed to avoid bleeding. This is uncomfortable, and pain relief is given before dressings removal to avoid discomfort. The dressings are removed the morning after surgery.

Post-operative bleeding or breathing problems may occur, but is rare, occurring at the time of removal of the nasal dressings.

Other Surgical Aspects

Breathing difficulty may occur from spasm of the laryngeal muscles, necessitating temporary replacement of the tracheal tube.

Whilst in hospital a child may develop fever. This may arise from swallowing some blood, from a transient bacteria in the blood, or from an unexpected viral or chest infection. These problems are normally readily managed.

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Other Locations

Beenleigh

Sunnybank

Mt Ommaney

Caboolture

Post-operative Problems

Pain

Pain medications will be prescribed and available but usually not required after discharge from hospital. Avoid aspirin or anti-inflammatory medicines (Brufen, Nurofen) for two weeks, as these may cause bleeding.

Encourage a full diet; fluid intake is essential.

Bleeding

Bleeding after discharge is possible up to two weeks after surgery. Mild streaks or "shows" of blood are not dangerous but should be watched with caution. Severe bleeding (rare) warrants immediate re-admission: proceed directly to the nearest emergency department.

Nasal congestion and discharge (perhaps slightly bloodstained) are usual after surgery for a week. Avoid rubbing the nose.

Nasal Splints

To avoid scarring, soft Silastic splints are retained in the nose for one week. Removal is a painless office procedure taking less than a minute, after which breathing is generally greatly improved.

Concerns are common after tonsillectomy. Please let us know at Queensland Otolaryngology if you have any concerns or questions, whether before or after:

Contact Numbers

Business Hours: (07) 3839 7677

After hours: (07) 3261 9570

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