

Inferior turbinate reduction surgery



What is inferior turbinate reduction surgery?

When the tissues inside the nose are swollen, they block the airflow in the nose. This surgery takes out some of the swollen tissue. There are different ways to do this surgery. Talk with your provider about the best option for your child.

What do I need to know before my child's surgery?

Scheduling

We try to schedule surgery as soon as possible. Please call our office if you have not heard from us in 2 weeks.

Surgery is best done when your child is healthy. If your child is sick, call the doctor or nurse right away. Surgery may need to be canceled.

Medicines

Some medicines can increase the chance of bleeding during surgery. **Do not give your child these medicines any time during the 2 weeks before surgery:**

- ibuprofen
- naproxen
- aspirin

You may give Tylenol as needed. Do **not stop** any prescribed medicines without talking with your doctor. Please call our office if your child is put on any new medicines.

What do I need to know after my child's surgery?

- The inside of your child's nose may feel stuffy or sore.
- Your child may feel like there is something in their nose.

You will receive an after visit summary (AVS) after surgery. The AVS will have details about:

- follow up care.
- eating.
- pain medicine after surgery.
- activities your child can start doing after surgery. To help you plan, you should know that most times the activity and follow up care in the AVS will be like the information below. Your child's AVS may have special care details just for them and be different.

Activity:

- If they must, your child should blow their nose gently for the first week after surgery.
- Your child may need to stay home from school and day care for a few days.
- Your child may play normally when the pain is better.
- No contact sports or swimming for 2 weeks after surgery.

ALERT: Call your child's doctor, nurse, or the ENT clinic if you have any questions or concerns or if your child has:

- bright red bleeding from the nose that will not stop.
- a temperature higher than 102 Fahrenheit.
- special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.