



Southport and  
Ormskirk Hospital  
NHS Trust

# **PATIENT INFORMATION**

# **Turbinate Surgery**

Eye/ENT Unit

Your name has been placed on the waiting list for

## **TURBINATE SURGERY**

### **REASON FOR OPERATION**

Relieves nasal congestion.

### **SYMPTOMS**

Blocked nose due to reduced space inside the nose caused by enlarged turbinates.

### **PURPOSE OF THE OPERATION**

The operation is performed in order to reduce an area inside the nose called the turbinates.

These are three ridges inside the nose which warm air as we breathe in. Sometimes they enlarge so much that they block the nose.

### **PROCEDURE**

The operation is performed through the nostrils. Sometimes the turbinates are cauterised to reduce their bulk, or alternatively they may be excised. It is normal for the nose to bleed after the operation; it will only require packing if it bleeds a lot. You will not have black eyes.

## **HOSPITAL STAY**

The operation is performed as a day case under general anaesthetic. You must have a responsible adult to take you home and stay with you overnight.

## **CONSENT**

Written consent will be taken when your name is placed on the waiting list for the operation. Alternatively, it can be taken at the pre-operative screening clinic or on the day of surgery by the ENT surgeon.

## **RISKS**

Complications are unusual. Your nose may need to be packed if it bleeds excessively; in this case you would have to be transferred to Aintree Hospital in order to be monitored overnight. Occasionally an infection 1- 2 weeks post operation may cause a bleed (secondary haemorrhage).

## **POST-OPERATIVE CARE**

It is recommended that you have 1- 2 weeks off work after surgery. You should not fly for 4 – 6 weeks. The operation is not normally painful; mild painkillers such as Paracetamol may be used if necessary. The nose will seem more blocked after the operation because of swelling from surgery.

This takes 2-3 weeks to improve and is quite normal. Nasal douching or a Sterimar nasal spray may be helpful in reducing the nasal congestion.

Try not to blow your nose for 2-3 days following surgery to reduce the likelihood of further bleeding. A little blood stained mucus may drain for several days; this is to be expected. When you do blow your nose, do so gently.

Try to sneeze with your mouth open. Avoid dusty or smoky atmospheres for 2 weeks following surgery. A little Vaseline on the nostrils will also help to prevent any soreness or crusting.

### **If the nose starts to bleed heavily**

- Sit forward
- Pinch the nostrils together hard, just below the bridge of the nose
- Keep pinching for 10 minutes continuously. Release slowly

**IF THIS DOES NOT STOP THE BLEEDING, YOU WILL NEED TO ATTEND YOUR NEAREST ACCIDENT AND EMERGENCY DEPARTMENT FOR ADVICE.**

### **ALTERNATIVES TO TREATMENT**

Medical treatment in the form of nasal sprays or drops.

This patient information leaflet is intended to be used to support discussion during your clinical consultation. If there is anything you do not understand or are unsure about, please ask the doctor at your appointment or contact the people below.

People to contact if you have queries:

**Sister Lynn Brown**  
**ENT Nurse Specialist**  
**Southport District General Hospital**  
**(01704) 705217**

Additional Sources of Information:

[www.entuk.org](http://www.entuk.org)

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.**

## **MATRON**

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

## **SPECIAL INSTRUCTIONS**

### **ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:**

Complications are unusual. If your nose starts to bleed after you have been discharged, please go to your nearest A&E Department.

### **CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION**

Your own GP –  
Sister Lynn Brown, ENT Nurse Practitioner, Southport –  
01704 705227

### **OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:**

NHS 111  
Stop Smoking Helpline (Sefton) - 0300 100 1000  
Stop Smoking Helpline (West Lancashire) - 0800 328 6297  
[www.entuk.org](http://www.entuk.org)

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: [southportandormskirk.nhs.uk/FFT](https://southportandormskirk.nhs.uk/FFT)

**Thank you**

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