

Operation on the nasal turbinates

Coblation

You have agreed with your doctor that you will soon undergo nasal turbinate reduction.

Please note:

Should there be any disorders of blood clotting and/or you are being treated with **blood thinning drugs**, report this to the doctor and nurse. After consulting with your doctor, you may be asked to temporarily discontinue blood-thinning medications.

You should also report any clotting problems in yourself or your family members.

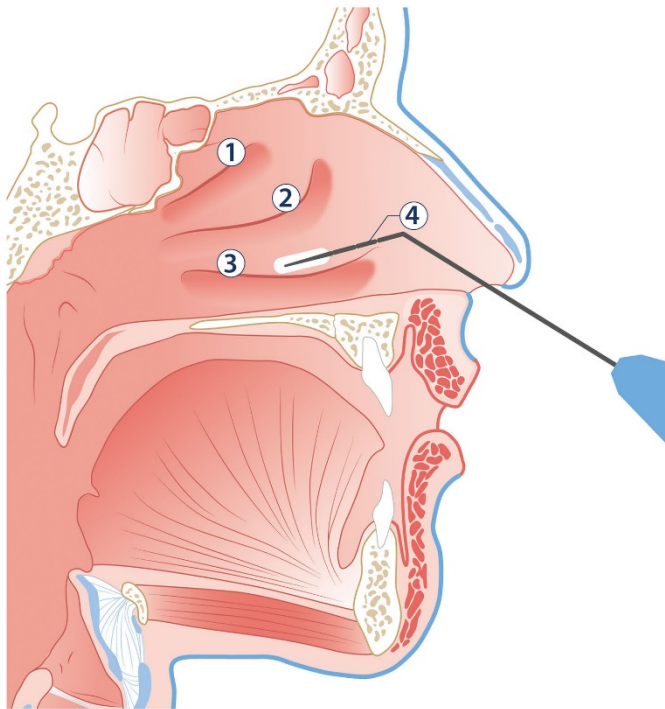
What are nasal turbinates?

There are nasal turbinates (conchae) in the nose. These are bone ridges lined with mucous membrane. The turbinates divide the interior of the nose into three passages. The mucous membrane of the nasal passages moistens, warms and purifies the air inhaled through the nose. This air passes through the throat and the large airways (bronchi) to the lungs.

When is surgery required?

In some cases, the nasal conchae are too large and swollen. They can then obstruct the nasal passage. As a result, you may suffer from frequent colds, breathing difficulties or snoring. With treatment (coblation), the nasal turbinates are reduced in size.

The information in this leaflet is of a general nature and is meant to give you an idea of the care and information that you can expect. Other advice or procedures may apply depending on your situation. This leaflet supplements the specific information provided by your specialist or practitioner.



- 1 bovenste neusschelp
- 2 middelste neusschelp
- 3 onderste neusschelp
- 4 concha caustiek/ coblatie

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Source: Medical Visuals, Maartje Kunen

Preparation

You will receive an appointment for the POS (preoperative consultation). At the inpatient unit, you will receive information about anaesthesia and the ward in which you will be admitted.

During surgery

The procedure takes place under general anaesthesia. The ENT doctor sticks thin needles into the nasal passages. An electric current shrinks the mucous membranes. This reduces swelling and improves nasal transit. The entire procedure takes place internally. So you will have no scars on the outside of the nose.

Postoperative care

Usually tampons in the nose are not needed, instead you get a nose bandage (a moustache). However, the ENT doctor can insert tampons if the nose bleeds profusely. These tampons are to be kept for one to three days.

Admission time

For this procedure, you will be admitted to the outpatient clinic for one day. After you have been examined by the ENT doctor at the end of the day, you are free to go home. You should not drive a car.

Follow-up appointment

A follow-up appointment is to be scheduled eight weeks after the procedure.

Advice for at Home

- On the day of the operation and the first day afterwards, you can sniff your nose, but not blow it. It is normal to have some bloody discharge from the nose.
- You should not pick your nose.
- Starting 1 day after the operation, you should rinse the nose at least twice a day with saline solution (1 teaspoon of salt to 2 dl of lukewarm water). You can also purchase a flush bottle for this purpose at the ENT outpatient clinic.
- Sneezing should be done with the mouth open.
- For the first week after the operation, you should not do any vigorous activities.
- Do not consume highly spicy foods or hot drinks for the first 3 days after the operation. This prevents nose bleeding afterward.
- You can usually resume your normal activities 2 days after the procedure.

After a few weeks, when the nose has recovered internally, you will notice how much more air can be sniffed through the nose. Until then, the nose is still partially blocked.

Risks and complications

With any surgical intervention, there are some risks. With this operation, your nose may sometimes bleed again. In that case, contact the outpatient ENT clinic or the Emergency Department (outside office hours).

Important telephone numbers

- You can reach the ENT outpatient clinic during office hours by calling:
(040) 888 56 70
- Outside of office hours, call the Emergency Department by calling:
(040) 888 88 11