



## Procedure Information Sheet

### Introduction

Transnasal resection of inferior turbinates

### Indication

Hypertrophic inferior turbinates causing nasal obstruction

### The Operation / Procedure

The enlarged inferior turbinates will be partially excised to improve the nasal patency

### Before the Operation / Procedure

1. Inform your doctor of any medical condition and any medication you are taking. The medications may need to be adjusted as appropriate.
2. Intended benefits and expected outcome
  - 2.1 Reduce nasal obstruction
  - 2.2 There is chance of incomplete relief of nasal obstruction and recurrence
3. Conditions that would not be benefited by the procedure
  - 3.1 Nasal obstruction not chiefly caused by hypertrophic inferior turbinates

### After the Operation / Procedure

1. Nasal packs will be inserted into the operated side or both sides; you may have to breathe through the mouth. The nasal packs will be removed after one or two days.
2. There may be mild bleeding after the packs are taken off, which usually stops naturally.
3. You can go home after the packs are removed. Small amount of blood stained nasal discharge is normal. You may also have nasal stuffiness. If you encounter persistent bleeding, please attend the nearby emergency department.
4. See the doctor as scheduled.

### Risk and Complication

1. There are always certain side effects and risks of complications of the procedure. Medical staff will take every preventive measure to reduce their likelihood.
2. Common risks and complications ( $\geq$  1% risk)
  - 2.1 Bleeding
  - 2.2 Persistent nasal obstruction
  - 2.3 Infection
  - 2.4 Intranasal adhesion
  - 2.5 Crusting (transient)
3. Uncommon risks with serious consequences ( $<$  1% risk)
  - 3.1 Atrophic rhinitis
  - 3.2 Injury to Eustachian tube
  - 3.3 Death due to serious surgical and anaesthetic complications
4. Consequences of no treatment
  - 4.1 Persistent nasal obstruction

#### Patient's Label

Patient Name: \_\_\_\_\_

Hospital No: \_\_\_\_\_

Episode No: \_\_\_\_\_



**Alternative Treatment / Investigation**

Medical treatment

**Disclaimer**

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

**Reference**

Smart patient website by Hospital Authority: Inferior Turbinate Reduction (2/2020)

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|---|
| <p><b>Patient's Label</b><br/>         Patient Name: _____<br/>         Hospital No: _____<br/>         Episode No: _____</p> |
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Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_