

Useful Telephone Numbers

- Bluebell ward, Lister Hospital
Tel: 01438 284008
- Children's Emergency Department, Lister Hospital
Tel: 01438 284333
- Children's Day Services, Lister Hospital
Tel: 01438 286315
- ENT Department, Lister Hospital
Tel: 01438 314333, Ext. 5113 / 4118
- ENT Admission Office (waiting list)
Tel: 01438 286836 or 01438 286835
- ENT Nurse Specialist (Monday to Friday, 8.30am - 6pm)
Tel: 01438 314333, bleep 1028
Mobile: 07785 343359 or 07876 390290

Useful ENT website: www.entuk.org

In an Emergency:

Dial 999 and request an ambulance or attend the nearest A&E of the following hospitals unless away from home

- **Lister Hospital A&E (SG1 4AB) - 01438 784732**
- **New QEII Urgent Care Centre, Welwyn Garden City - 01707 247549**
- **Luton and Dunstable**
- **Princess Alexandra Hospital, Harlow**

**Lister Hospital
Coreys Mill Lane
Stevenage
Hertfordshire SG1 4AB**

www.enherts-tr.nhs.uk

Date of publication: April 2014

Author: Liza Delfin

Reference: ENT01

Version: 6 (Mar 2018)

Review Date: November 2019

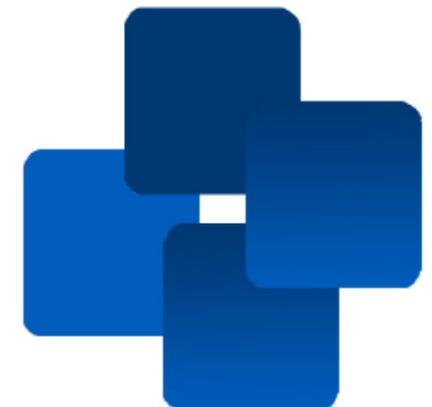
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You can request this information in a different format or another language.

Patient Information

Inferior Turbinates Reduction (Children)

Ear, Nose and Throat Department



Inferior Turbinates Reduction

The turbinates are a network of bones, vessels and tissue on the inside of the nose which help to warm and moisten the air we breathe in.

Turbinates can swell and cause nasal blockage. We all experience swelling in response to the common cold, in which case the lining swells in response to a viral infection.

Indications

Reduction of inferior turbinates may be performed to improve your child's breathing. As the turbinate expands, the passageway is blocked and the airway obstructed. Nasal blockage may alternate between the two sides and be associated with sneezing or nasal discharge.

Procedure and anaesthetic

The turbinates are reduced by diathermy (or cautery) or pushing outwards to the side (outfracture) that increases the airflow through the nose.

The operation is performed through the child's nose under a general anaesthetic (when the child is asleep), and takes about 10-20 minutes.

After the operation your child will need time to wake up and will stay in the recovery area. Your child will be away from the ward for about an hour.

Risks and complications

Occasionally bleeding can occur that may require insertion of packing into each nostril. It would be removed before your child goes home. If this happens in the hours following surgery then a further operation may be required to control it.

Rarely, bleeding may occur up to ten days after leaving hospital. This could indicate an infection where admission to hospital may be required.

During the operation, there is a very small chance that we may chip or knock out a tooth, especially if it is loose.

Time in hospital

This is a day case procedure.

Post-operative care and advice

The operation will result in a blocked nose and sore throat. The pain is often worst at 3-4 days and may last up to a week. Please give your child regular pain relieving medicines.

Your child will probably be discharged home with nose drops, spray or cream.

Your child has been given pain relief and can next have

Paracetamol at hrs

and/or

Ibuprofen athrs

Forceful nose blowing should be avoided for at least one week to prevent bleeding.

Diet and oral hygiene

It is important for your child to eat and drink normally as this encourages healing and reduces the risk of infection.

Care at home and time off school

Your child may feel tired for the first few days. We advise that your child takes plenty of rest and sleep and gradually returns to normal levels of activity over the next few days.

If your child has any fresh/profuse bleeding from their nose, return immediately to the Accident and Emergency department or call an ambulance.

Children should be kept off school with adult supervision for at least one week.

In order to minimise the risk of infection they should avoid contact with people with infections and avoid exposure to dust and smoky places.

It is advisable to go outdoors in the fresh air when your child feels able.

Follow-up

A follow-up will be arranged in approximately three months. This allows the area to heal and will give a good indication of the success of the operation.