

# Cautery of Inferior Turbinates

## Discharge advice - Otolaryngology Department

### What is Cautery of Inferior Turbinates?

Turbinates are swellings on the side walls of the nose that help us to warm and moisten the air we breathe.

If they become enlarged, breathing through the nose may be more difficult. Cautery causes scarring to shrink the turbinates.

Initially there will be swelling inside the nose with some crusting and discharge. Your nose may feel blocked. This will settle over several weeks and breathing through the nose should improve.

### Pain Relief

- Pain is rare. Paracetamol (tablets or syrup) taken 4 to 6 hourly for the first 24 hours may be required. Do not exceed the recommended dose.
- Do not take Aspirin or Disprin for pain relief as these can cause bleeding.

### Precautions

- Do not blow your nose for at least 10 days. Wipe gently.
- If sneezing is unavoidable, try sneezing with your mouth open to reduce pressure through your nose.
- You may sniff gently.
- Avoid lifting heavy objects or playing sports for two or three weeks, until the surgeon has given you a clearance.
- Avoid nose picking. Annoying crusts or blood clots may be softened by gently sniffing warm salty water from a cupped hand (or you can do this with shower water).

### Complications

If you experience any of the following:

- Increasing pain
- Feeling feverish – hot and cold
- A nose bleed that does not settle (after 5 minutes for a child or after 20 minutes for an adult)

Please seek medical advice from your GP or through the contact details on the back of this pamphlet.

To treat a bleeding nose, lean slightly forward, pinch front of the nose firmly and continuously and apply a cold compress to the nose, cheeks and forehead. Spit out any blood in your mouth into a bowl or tissue.

### Contact Details

#### Christchurch Hospital

#### ENT Outpatient Department

Telephone: 364 0985  
Hours: Monday–Friday  
8.00 am–5.00 pm

#### Ward 21 (Children's Ward)

Telephone: 364 0210

#### Ward 32 (Adult ENT Ward)

Telephone: 364 0320

#### Day Surgery Unit

Telephone: 364 4034  
Hours: Monday–Friday,  
7.00 am–7.00 pm

#### 1st floor Christchurch Women's' Hospital

For more information about:

- your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)
- hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)