

C R A I G  
FACIAL PLASTIC & RECONSTRUCTIVE SURGERY  
OTOLARYNGOLOGY

**TURBINECTOMY**

You have been scheduled for a procedure called a "turbinectomy". Your nasal turbinates are located high inside the nose. They are bony protrusions covered with nasal mucosa. They surround the openings of your sinuses and their purpose is to warm and filter the air that you breathe. Sometimes, the structure of the inside of your nose and the size of the turbinates can cause problems with breathing through the nose and mouth breathing can result. The mucosa can swell and obstruct breathing and prevent the sinuses from draining properly. Reducing the size of the turbinates can help you breathe more freely.

After the procedure, it is important to keep the inside of the nose moist. This promotes quick healing and prevents the formation of crusts inside the nose. Postoperative management of the nose after this procedure includes the application of a saline nasal spray and antibiotic ointment up inside the nose. These products must be used 4 to 5 times daily in combination with each other. Also, it is helpful to sleep with a humidifier to keep the nose from drying out as you sleep. These steps will insure your nose stays moist during the healing process.

Dr. Craig will give you a prescription for the antibiotic ointment - **Bactroban**. When picking up your prescription, please purchase some over-the-counter nasal saline spray- **Ocean Nasal Spray** (this is one such nasal spray that is available). You should also purchase some oval eye pads to use as a drainage pad under the nose for the first few days after surgery. (Cut them lengthwise and tape them under the nose.) **Remember** you should **not** blow your nose for 2 weeks after your surgery.

**POST-OPERATIVE INSTRUCTIONS**

Spray 2 sprays of the saline spray up inside of the nose, sniffing the spray as you squeeze the bottle. After completing this, use cotton-tipped applicators to place antibiotic ointment inside the nose. Do this 4 to 5 times a day for a period of 10 days to 2 weeks.

777 S. New Ballas, Suite 320E \_ St. Louis, MO 63141 \_ (314) 567-4868  
Exchange (314) 388-5208