



## Procedure Information - Inferior Turbinate Reduction

Visit No.: Dept.:  
Name: Sex/Age:  
Doc. No.: Adm. Date:  
Attn. Dr.:

Page No:

01	02	03	04	05	06	07	08	09
+10	+20	+30	+40	+50	+60	+70	+80	+90

Patient No.: PN

*Please fill in /  
affix patient's label*

### Introduction

Transnasal resection of inferior turbinate

### Indications

Hypertrophic inferior turbinate causing nasal obstruction

### Intended Benefits and Expected Outcome

1. Reduce nasal obstruction
2. There is a chance of incomplete relief of symptoms and recurrence after initial improvement

### Conditions that Would Not Be Benefited by the Procedure

1. Nasal obstruction not mainly caused by hypertrophic inferior turbinate

### The Procedure

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

### Risk and Complication

There are always certain side effects and risks of complications of the procedure. Medical staff will take every preventive measure to reduce their likelihood.

### Common Risks and Complications ( $\geq 1\%$ risk)

1. Bleeding
2. Infection
3. Persistent nasal obstruction
4. Intranasal adhesion
5. Crusting (transient)

### Uncommon Risks with Serious Consequences ( $<1\%$ risk)

1. Atrophic rhinitis
2. Injury to Eustachian tube
3. Death due to serious surgical and anesthetic complications

### Before the Procedure

1. You will need to sign a consent form and your doctor will explain to you the reason, procedure and possible complications
2. Inform your doctor of any medical condition and any medications you are taking. The medications may need to be adjusted as appropriate.
3. Fast for 6-8 hours before the operation
4. Change to operation attires and remove loose objects (e.g. dentures, jewelry, contact lens etc.)



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**After the 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 removal of nasal packing. Small amount of blood-stained nasal discharge is common. You may also have nasal stuffiness. If you encounter persistent bleeding, please attend the nearby emergency department.
4. Follow up on schedule as instructed by your doctor.

**Alternative Treatment**

Medical treatment

**Consequences of No Treatment**

Persistent nasal obstruction

**Remarks**

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor.

**Reference**

Hospital Authority – Smart Patient Website

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I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. \_\_\_\_\_. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

\_\_\_\_\_  
Patient / Relative Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Relationship (if any)

\_\_\_\_\_  
Date