仁安醫院
UNION HOSPITAL

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Operation Information

Radiofrequency Turbinate Reduction

Introduction

Radiofrequency Turbinate Reduction (RFTR) is a minimally invasive surgical procedure in which radiofrequency is used to create lesions within the submucosal tissue of the turbinate, resulting in a reduction of tissue volume with minimal impact on surrounding tissues. The procedure is relatively quick and less painful, compared with traditional methods.

Source: https://www.laent.com/procedures/nose-sinus/celon/

This surgery can be used in clients with nasal congestion or sleep apnea associated with inferior turbinate mucosal hypertrophy.

Outcomes

The expected outcome of this operation is to cause controlled damage to the turbinate. By the time the turbinate is healed, it will be reduced in size, allowing improved airflow through the nose in order to relieve nasal obstruction.

Procedures

1. The operation is performed under local anaesthesia.
2. A needle-like electrode is inserted into the turbinate through the nostrils which then transmits energy to the targeted tissues. This step may be repeated twice or three times.
3. The procedure usually lasts about 5-15 minutes.

Possible Risks and Complications

1. Infection
2. Bleeding

** The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all operations are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising.

Pre-operative Preparations

1. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the operation.
2. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia.

Post-operative Instructions

1. Mild nasal-bleeding may occur from the nose.
2. Nose blowing should be avoided.
3. Normal activities and diet can be resumed.

Advice on Discharge

1. Mild-to-moderate edema with subsequent nasal obstruction and thick mucus formation for a few weeks is common. These will be subsided gradually.
2. Mild nasal bleeding for a few days is common.
3. Avoid nose blowing for a few days.
4. Please use the nasal spray (if any) as prescribed.
5. You may be instructed to perform nasal douche in order to promote healing and clean the treated area.
6. Immediately consult your doctor or return to hospital for professional attention in the event of persistent nasal bleeding, foul-smelling discharge from the nostrils, shivering, high fever over 38^{o}C or 100.4^{o}F, or any other unusual symptoms.
7. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

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Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification