

Dr Mark Courtney MB ChB, FRACS (orl-hns)
Paediatric and Adult
Surgery of the Ear, Nose and Throat, Head and Neck
ABN: 12258861995
John Flynn Hospital – Suite 6a, Fred McKay House, 42 Inland Drive, Tugun, QLD 4224



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Provider number: 273381WL (Robina)
Provider number: 2733816B (Ballina)

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PATIENT INFORMATION SHEET

BILATERAL INFERIOR TURBINOPLASTY

The nose may feel blocked for two weeks; it is expected and secondary to the swelling.

Initially there may be some pain but paracetamol/panadeine and/or celebrex should be enough to settle this.

Don't do any physical exercise for one week.

There may be some bleeding from the nose and crusty discharge, but this should improve over the first week. If significant and profuse bleeding please follow the emergency guide below.

Saline irrigation of the nose four times each day for the first week and then twice daily until the follow-up appointment is essential to get good healing of tissue in the nose. This is done with either the "FLO" or "SINUS RINSE" or mixed up using a formula (1 tsp of salt, ½ tsp of baking soda in 600ml of warm water and 100ml flushed through each side of the nose). Long term daily saline irrigation i.e. once daily is useful.

Follow-up at Dr Courtney's rooms should be done eight weeks after the operation, please ring and book this.

In the case of an emergency post operatively do the following that best fits the degree of urgency:-

1) Present to either John Flynn Hospital or Gold Coast Hospital or The Tweed Hospital emergency department where there is either myself or another ENT surgeon on call 24 hours a day 7 days a week.

or

2) Call my rooms, if during working hours 0756302600.

or

3) Present to the closest emergency department where the problem can be stabilised, but there may not always be an ENT surgeon on call, and they may need to transfer to another hospital, once the doctor at the department has spoken to me.

or

4) Call an ambulance.