

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



Provider number: 2733814F (John Flynn)
Provider number: 273381WL (Robina)
Provider number: 2733816B (Ballina)

Rooms: 07 56302600

Fax: 07 56010052

Web: www.drmarkcourtney.com

PATIENT INFORMATION SHEET

Coblation/ Cautery of the inferior turbinates

On the ward post operatively you may begin to eat and drink as tolerated. During the anaesthetic you will be given pain relief but this may begin to wear off, so please ask for more pain relief from the nursing staff if required.

At home:-

The nose will feel blocked for two weeks after the procedure. Initially there may be some discomfort but paracetamol should settle this.

There may be some minor bleeding from the nose and crusty discharge but this should improve over the first week.

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 07 56302600.

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.