

Turbinate Surgery (Turbinoplasty)

What Is Turbinate Surgery (Turbinoplasty)?

Turbinoplasty is a procedure that reshapes or reduces the size of your inferior turbinates, which are the bony structures covered with soft tissue inside your nose. These turbinates help to warm and humidify the air you breathe, but when they become enlarged from allergies, infections or other factors, they can block your nasal passages and make breathing difficult. At Birmingham Head and Neck Clinic we use modern, minimally invasive techniques to restore normal airflow and relieve your symptoms.

Why Might You Need Turbinoplasty?

You might need turbinoplasty if you suffer from chronic nasal blockage or congestion that does not improve with medications. Common issues that can lead to enlarged inferior turbinates include:

- Chronic allergies causing persistent swelling
- Recurrent infections leading to inflammation
- Structural problems in the nose that worsen airflow
- Breathing difficulties affecting sleep and daily activities
- Non-surgical treatments such as nasal sprays, decongestants or antihistamines that do not provide lasting relief

When these problems impact your quality of life, your ENT specialist may recommend turbinoplasty to reduce the size of your turbinates and improve your breathing.

What To Expect During The Procedure

Before your surgery you will have a thorough consultation with your ENT specialist at Birmingham Head and Neck Clinic who will examine your nasal passages and discuss your symptoms in detail. This appointment helps to determine whether turbinoplasty is the best option for you

On the day of your procedure you can expect the following:

- You will receive local or general anaesthesia to ensure you remain comfortable throughout
- A small, flexible instrument may be used to view the inside of your nose
- The surgeon will carefully reduce or reshape your inferior turbinates using specialised instruments
- The procedure is performed through your nostrils so that no external cuts are made
- The surgery is minimally invasive and is usually completed within a short time

This approach allows your surgeon to remove excess tissue while preserving the essential functions of your turbinates.

Aftercare And Recovery

After turbinoplasty you will be given clear instructions to help your nose heal and to ensure the best possible outcome. While you may experience mild discomfort, swelling or a sensation of congestion during recovery, these symptoms typically improve over a few days.

You may be advised to:

- Keep your head elevated to reduce swelling
- Use saline nasal sprays regularly to keep your nasal passages clear and moisturised
- Avoid strenuous activities for a few days to allow proper healing
- Refrain from blowing your nose forcefully to prevent irritation
- Take any prescribed medications as directed to manage discomfort and reduce inflammation

Attending follow-up appointments with your ENT specialist is important so that your progress can be monitored and any concerns addressed promptly.

Benefits Of Turbinoplasty

Turbinoplasty can provide several important benefits that help improve your day-to-day life. With successful treatment you may notice:

- Easier breathing and less nasal congestion
- Reduced dependence on medications such as nasal sprays or antihistamines
- Improved sleep quality and reduced snoring
- Fewer episodes of sinus infections
- Overall enhanced comfort and quality of life

These benefits can make a significant difference, allowing you to enjoy daily activities with greater ease and comfort.

Why Choose Birmingham Head And Neck Clinic

At Birmingham Head and Neck Clinic you are cared for by experienced ENT specialists who use the latest surgical techniques and state-of-the-art equipment to provide safe and effective treatment. We are dedicated to providing personalised care that meets your individual needs. Our friendly team takes the time to explain every step of your treatment process so that you feel confident and well informed throughout your journey to better breathing.

Contact Us

If you are experiencing chronic nasal blockage, congestion or breathing difficulties, turbino-plasty may be the right solution for you. Contact Birmingham Head and Neck Clinic today to book a consultation and take the first step towards clearer breathing and an improved quality of life.