



G CHEE
EAR • NOSE • THROAT
SINUS & DIZZINESS CENTRE

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RADIOFREQUENCY TURBINATE REDUCTION (RTR)

This information sheet will help you understand what you might experience in the following few days as you recover from RTR. As mentioned, the estimate time for complete healing of the RTR wound is generally 4 to 6 weeks. During that time, you may experience a few but mild symptoms.

1. Pain – RTR is generally painless but a few patients may experience minimal discomfort which quickly resolves over one day. No pain relief is usually required.
2. Bleeding – there may be minimal bleeding from the nose in the first 2 to 3 days. This is especially if you blow your nose. At about 3 to 4 weeks after the procedure is done, when the wound is most raw, some patients (less than 1%) will experience more profuse bleeding, especially when they blow their nose too hard. If the bleeding doesn't settle after 10-15minutes, please contact me.
3. Phlegm and cough – usually felt in the first few days after the procedure. It generally settles after the first clean.
4. Nasal blockage – in the first week after RTR is done, the nose may get blocked from accumulation of discharge, blood clots and swelling. Patients describe 'flu-like' symptoms. Use Sterimar to flush the nasal cavities. The blockage will resolve after the first cleaning.
5. Smell from the nose – As the wound heals, there may be a bad smell from the nose for about 1 to 2 weeks. This is temporary and will resolve when the wound heals.
6. Crusting – some patients will blow or sneeze out dead tissue and blood clots about 2 to 4 weeks after RTR. This is normal.

Things You Should Not Do

1. Swim – until after the first clean is performed (at least for a week)
2. Overzealous blowing – it may trigger bleeding

If there are any queries, please email at gchee@gcheeent.com or text to 90033419

Prepared by Dr Gerard Chee

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