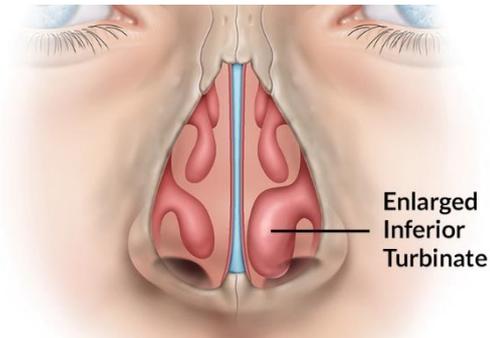


Nasal shell reduction



Immediately after the procedure

General

Your doctor may suggest nose surgery because of your olfactory and/or nasal complaints. In this nose operation, also called concha reduction or conchotomy, the internal nasal shells are reduced (nasal shell = concha).

The function of the nose

The nose is not only there for smell. The nose is also important for breathing. In the nose, the inhaled air is heated, moistened and cleaned. The nose filters a large part of the contaminated inhaled air. In addition, the nose has a function in the formation of the voice and the nose drains tear fluid.

Why a reduction in the nasal shells

On the inside of the nose there are bone ridges with mucous membrane folds around it, the so-called nasal shells. On both sides of your nose you have 3 nasal shells. If the mucous membrane on the inside of the nose is too thick, the air can be difficult or not to be inhaled and exhaled through the nose. If treatment with medications yields too little result, the ENT doctor can surgically reduce the internal nasal shells. This improves the flow of air through the nose.

Operation: nasal shell reduction

This operation can take place well under local anesthesia in most people. The doctor will place cotton wool in your nose with anesthesia. The anesthetic will remain for about 10-15 minutes. After that, the doctor will burn away the mucous membrane in the nose by means of a special device. This creates some smoke in the nose. It smells a bit like meat on the BBQ. If you blow out quietly through the nose, this foul smell is gone in no time. Then the doctor does the other side. The doctor is busy for a few minutes on each side.

When you're back home

In the beginning you will have a lot of scabs in the nose and maybe also some swelling. It is important that you keep the nose clean, but do not pick. You can keep the nose oily with some petroleum jelly and rinse the nose with some saline. After about two weeks, the nose is usually healed again and you will have to notice the intended result. If you get a nosebleed, you should pinch the nose tightly for 10-15 minutes. If that is not enough, squeeze it again and you can contact us.



Accessibility ENT

You call the general number of the CMC 745-0000; during office hours you ask for the ENT clinic and outside office hours you ask for the first aid or emergency care.