

Patient information

Sub Mucosal Diathermy SMD / Trimming or Out Fracture of Turbinates

Ear Nose and Throat Department

Your Consultant / Doctor has advised you to have a SMD / Trimming or Out fracture of Turbinates.

What is SMD?

SMD stands for **Sub-Mucosal Diathermy**. It is an operation to reduce the swollen areas in the nose by shrinking the area with cautery (burning the nasal lining).

What is trimming of Turbinates?

Turbinates are normal tissues in the nose, which sometimes are enlarged by lining congestion, blocking the nose and narrowing the airway. These are trimmed to open the airway.

What is out fracture?

This is to displace the turbinate/s to provide more room in the nostril.

This is done as a day case procedure.

Day case admission requires you to have an escort home, access to a telephone and someone with you overnight.

What are the benefits of having these procedures?

Having these procedures will help increase the space in both nostrils so that one side is not permanently blocked. This may in turn help with aeration of the sinuses.

What are the risks of having these procedures?

- **Bleeding.** Dissolvable nasal packs may be put into the nose at the end of the operation. If they are used, they usually take approximately one week to dissolve in your nose.
- **Infection.** This may cause discharge from the nose, which is discoloured.
- **Altered sense of smell.** This is unusual with this operation but if it occurs should only be temporary.
- **Failure.** The lining of the nose may swell again requiring further surgery.

You may change your mind about the operation at any time, and signing a consent form does not mean that you have to have the operation. If you would like to have a second opinion about the treatment, you can ask your specialist. He or she will not mind arranging this for you. You may wish to ask your own family doctor (GP) to arrange a second opinion with another specialist.

Are there any alternatives available?

The alternatives are nasal steroid sprays/drops and nasal douching.

What will happen if I decide not to have treatment?

Your symptoms remain.

What sort of anaesthetic will be given to me?

You will be given a general anaesthesia. General anaesthesia is drug-induced unconsciousness: This is always provided by an anaesthetist, a doctor with specialist training.

Unfortunately, general anaesthesia can cause side effects and complications. Side effects are common, but are usually short-lived: they include nausea, confusion and pain. Complications are very rare, but can cause lasting injury: they include awareness, paralysis and death.

There is a risk of damage to teeth, particularly caps or crowns and veneers. Your anaesthetist will take every care, but occasionally damage can occur.

The risks of anaesthesia and surgery are lower for those who are undergoing minor surgery, and who are young, fit, active and well.

For more information, please ask for a copy of the Royal College of Anaesthetists patient information "You and Your Anaesthetic".

You will be given an opportunity to discuss anaesthetic options and risks with your anaesthetist before your surgery.

If you are worried about any of these risks, please speak to your consultant or a member of their team.

Getting ready for your operation

- You will be seen in the pre-operative assessment clinic before you are admitted to hospital. Here you will be asked routine questions about your health, the medicines you take at the moment and any allergies you may have.
- The nurse practitioner may send you for blood tests, a heart trace and other investigations if required. You will be assessed to see if you are fit for the anaesthetic and may be asked to sign your consent form.
- You will be asked to confirm your signature for consent and that you understand the procedure, and what the operation involves. You will be able to discuss the operation with a doctor.

The day of your operation

- You will come into hospital the day of your operation.
- Before your general anaesthetic, you must not eat for a minimum of six hours or drink for a minimum of three hours. You will be told when this is to start.
- Please leave all cash and valuables at home. If you need to bring valuables into hospital, these can be sent to General Office for safekeeping. General office is open between 8.30 and 4.30 Monday to Friday. Therefore, if you are discharged outside these times we will not be able to return your property until General office is open. The Trust does not accept responsibility for items not handed in for safekeeping.
- You will be asked to remove jewellery - plain band rings can be worn but they will be taped.
- Please do not wear any makeup.
- Please leave body piercings at home. False nails and nail polish will also need to be removed if worn.
- If you are on regular medication, you will be told to take this if necessary.
- You will be asked to put on a gown and disposable underwear. You may bring with you a dressing gown and slippers.
- A bracelet with your personal details will be attached to your wrist.
- A porter will take you to the operating theatre.
- If you have dentures, glasses or a hearing aid they can stay with you on your journey to the operating theatre. They will be removed whilst you are in the anaesthetic room and kept with you until you arrive in the recovery area. Once you are awake, they can then be put back in place.
- When you arrive in the theatre waiting area a nurse will check your details with you. You will then be asked to put on a disposable hat.
- You will then be taken to the anaesthetic room.

What should I expect after my operation?

- After your operation you will be kept in the recovery room before being transferred to the ward.
- A nurse will check your pulse, blood pressure, breathing and wound regularly. You may experience a headache while you have your packs in. It is important that if you feel any pain, you must tell the nursing staff, who will give you painkillers to help.
- The nursing staff will also advise you when you can start taking sips of water. Anaesthetic drugs can make some people feel sick. If you feel sick, we advise you not to drink until this feeling has passed. The nursing staff may offer an injection to help this sick feeling go away.

The first time you get out of bed, please make sure you ask a nurse to be with you. This is in case you feel dizzy.

Going Home

Your doctor/nurse practitioner will normally discharge you on the day of your operation.

You have had a general anaesthetic, for the next 24 hours **you must not**

- Travel alone.
- Drive any vehicle e.g., car or ride a bicycle.
- Operate machinery (including domestic appliances such as a kettle).
- Climb ladders.
- Make important decisions; sign any business or legal documents.
- Drink alcohol.

You **should**

- Take it easy for the rest of the day, avoid strenuous activity.
- Take your medications as usual.
- Let someone else care for anyone you usually look after, such as children or elderly or sick relatives.

Discharge Information

Pain relief and medication

The nursing staff will advise you about painkillers before you leave the hospital. Please tell the nurses what painkilling tablets you have at home.

Your nose

- Your doctor will inform you if any packs have been left in the nose, and whether these dissolve by themselves, or if they have to be removed. (*)
- You may have some watery blood-stained discharge. After a couple of days, this should then stop.
- Sneezing may occur as your nose is irritated. Try to keep your mouth open, as it will prevent some pressure and any further bleeding.
- Try not to sniff too hard and blow your nose gently for at least two weeks.
- Avoid crowded and dusty areas to minimise the chance of infection.
- **Do not smoke** for at least two weeks after your operation.

Your nose may become “crusty”: The Saline Nasal Douching procedure is recommended: Please see Patient Information Leaflet 1452 Saline Nasal Douching for full instructions.

- One teaspoon of sodium bicarbonate (baking powder) / sea salt and a few drops of baby shampoo (non-perfumed) dissolved in one pint of warm previously boiled water.
- Draw this up into a syringe or NeilMed nasal rinse bottle and gently squirt into one nostril at a time, allowing the solution to then run from the nose into the sink.

Getting back to normal

Remember that you have just had an operation, and you will take some days to recover. It is normal to feel more tired than usual for a few days after having the operation. If you are a parent or a carer you will need some support during this time.

Returning to work

Due to infection risks, you will require two weeks off work unless working from home. You can self-certify for the first seven days of sickness. Before you are discharged, a medical certificate (fit note) can be issued at your request by the ward staff to cover the expected time off you will need. For further Fit notes you will have to see your GP.

Further Appointments

A follow up appointment will be arranged for you. An appointment card will be sent to you with the date and time on.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Patient Notes:

Further information

If you have any questions or concerns, contact the ward where you had your surgery or the nurse practitioners.

ENT Nurse Practitioners

Tel: 0151 706 2290

Text phone Number: 18001 0151 706 2290

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www.entuk.org

Author: Ear, Nose and Throat Speciality

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