Causes of Turbinate Hypertrophy

**Allergies:** trigger an immunological response that causes swelling of the turbinates.

**Environmental irritants:** Things like cigarette smoke, perfumes, etc can cause irritation that results in inflammation of the turbinates.

**Hormonal changes**

**Medications:** drugs to treat high blood pressure

**Septum deviation:** Significant deviation of the septum can lead to compensatory turbinate enlargement where the turbinates on only one side of the nose become chronically swollen.

Treatment for Turbinate Hypertrophy

**Antihistamines and immunotherapy (allergy shots)** can minimize the frequency and severity of the immune response and swelling of the turbinates when allergies are the underlying cause.

**Nasal steroid sprays** are prescribed to reduce the inflammation of the turbinates and improve breathing.

**Surgical turbinate reduction** is performed when other therapies are not effective. This surgery aims to reduce the size of the turbinates thereby opening the nasal airways. There are several different surgical methods that are used to reduce the size of the turbinates. While some techniques remove part of the bone structure, others attempt to shrink the tissue of the turbinates. Turbinate surgery can be performed in conjunction with septum surgery or sinus surgery when needed.

**Radiofrequency Turbinate Reduction**

Radiofrequency turbinate procedure, also known as Somnoplasty, can provide significant relief from many symptoms of turbinate hypertrophy. Radiofrequency of the turbinates is a quick procedure with minimal discomfort and is performed in an outpatient setting. Before the procedure, the nose is numbed with a local anesthetic. The radiofrequency handpiece emits radiofrequency energy, it is inserted into the turbinate. The result is shrinking of the tissue, leading to an overall reduction in turbinate size without the removal of bone. The nasal passages are thereby opened and the nasal obstruction is resolved.