REVIEW
ALLERGY AND RHINOLOGY
DOI: 10.5152/B-ENT.2026.262082

Comprehensive Management of Turbinate Hypertrophy: A Review of Medical and Surgical Strategies

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Cite this article as: Bayar Muluk N. Comprehensive management of turbinate hypertrophy: a review of medical and surgical strategies. B-ENT. 2026, 22, 2082, doi: 10.5152/B-ENT.2026.262082.

ABSTRACT

The aim of this paper is to review the physiological functions of the nasal turbinates, evaluate etiologies of nasal obstruction secondary to inferior turbinate hypertrophy, and compare the clinical efficacy of current medical and surgical treatment strategies. A comprehensive narrative literature review was conducted utilizing established scientific databases, including PubMed/Medline, Scopus, Web of Science, and Embase, encompassing articles published between 1977 and 2026. A structured search strategy was applied using keywords such as "turbinate," "radiofrequency ablation," "turbinoplasty," and "turbinectomy." Peer-reviewed clinical trials, contemporary reviews, and authoritative guidelines were included to synthesize current evidence regarding the efficacy of turbinate treatments. Mucosal hypertrophy of the inferior turbinate is the primary etiology of nasal airway obstruction. First-line pharmacological therapies, comprising intranasal corticosteroids and antihistamines, are effective; however, prolonged use of topical decongestants risks inducing rhinitis medicamentosa. For patients refractory to medical management, surgical interventions like radiofrequency ablation (RFA) and turbinoplasty are preferred. Radiofrequency ablation provides excellent patient tolerance and is performed under local anesthesia, while submucous resection-assisted turbinoplasty demonstrates the highest long-term success in maintaining nasal patency. Across all modalities, current literature strictly emphasizes the maximal preservation of mucosal tissue to prevent "empty nose syndrome," a debilitating complication characterized by paradoxical loss of airflow sensation. The clinical management of turbinate dysfunction must be highly individualized based on the patient's symptomatology and structural anatomy. Mucosa-sparing surgical interventions are significantly safer and yield better long-term functional outcomes than aggressive resections. A multidisciplinary approach is essential for achieving optimal therapeutic success.

Keywords: Empty nose syndrome, nasal obstruction, nasal turbinate, radiofrequency ablation, turbinate hypertrophy, turbinoplasty

Introduction

The nasal turbinates, predominantly the inferior turbinates, serve as the primary regulators of nasal airflow and are critical for maintaining healthy respiratory mechanics.[1] These osseous structures, suspended from the lateral nasal wall and enveloped by a highly vascularized mucosal lining, are central to the physical conditioning of inspired air. As air passes through the narrow nasal corridors, it transitions from a turbulent to a laminar flow. The turbinates expand the internal mucosal surface area, allowing the respiratory epithelium to efficiently filter particulate matter, humidify the air to nearly 100% relative humidity, and warm it to physiological body temperatures before it reaches the lower respiratory tract.[2]

Hypertrophy of the inferior turbinates frequently leads to severe nasal blockage, representing one of the most common complaints in otolaryngological practice. While mucosal engorgement is a natural aspect of the physiological "nasal cycle"—a process mediated by autonomic nerve signals acting on the underlying erectile venous sinusoids, where 1 turbinate engorges while the contralateral side decongests—external and internal pathological factors can trigger chronic, irreversible swelling.[3,4] Airborne irritants, environmental allergens, recurrent upper respiratory infections, and intrinsic mucosal hypersensitivity frequently drive this continuous inflammatory cascade.

Histologically, chronic inferior turbinate hypertrophy is characterized by metaplasia and fibrosis in the submucosa, thickening of the basement membrane, goblet cell hyperplasia, and marked dilation of the submucosal venous sinusoids. The inflammatory infiltrate often varies based on the underlying etiology; allergic hypertrophy typically exhibits profound

Corresponding author: Nuray Bayar Muluk, e-mail: nuray.bayar@yahoo.com
Received: May 22, 2026 **Revision Requested:** June 26, 2026 **Last Revision Received:** July 7, 2026 **Accepted:** July 27, 2026 **Publication Date:** August 25, 2026
Available online at www.b-ent.be

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eosinophilia, whereas non-allergic or structural cases may be dominated by lymphocytes and plasma cells.[5]

Furthermore, hypertrophy can affect either the mucosal lining, the underlying conchal bone, or both. For instance, mucosal swelling is the hallmark of allergic rhinitis, whereas compensatory bony enlargement frequently accompanies severe structural deviations of the nasal septum. According to aerodynamic principles, such as Poiseuille's law, even minute reductions in the cross-sectional area of the nasal airway secondary to turbinate enlargement can result in an exponential increase in airway resistance.[6] Recognizing the specific anatomical component (mucosal vs. osseous) responsible for the obstruction is essential for selecting the appropriate diagnostic and surgical interventions.

Methods

To conduct this comprehensive narrative review, an extensive literature search was performed across major recognized scientific databases, including PubMed/Medline, Scopus, Embase, and Web of Science. Non-specific search engines were strictly excluded to ensure academic rigor. The literature search encompassed articles published from database inception up to 2026.

Search Strategy and Databases

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Search Terms and Algorithms

Boolean operators (AND, OR) were utilized to combine specific keywords and Medical Subject Headings (MeSH) terms. The primary search string included: ("turbinate" OR "inferior turbinate") AND ("turbinate hypertrophy" OR "nasal obstruction") AND ("radiofrequency ablation" OR "turbinoplasty" OR "turbinectomy" OR "medical therapy") AND ("empty nose syndrome" OR "mucosal preservation").

Main Points

- Inferior turbinate hypertrophy is the leading cause of nasal obstruction, severely impairing the essential physiological functions of filtering, heating, and humidifying inhaled air.
- First-line therapy relies on intranasal corticosteroids and antihistamines; however, prolonged use of topical decongestants must be avoided to prevent rebound rhinitis medicamentosa.
- Surgical reduction is highly indicated for patients who are refractory to maximal medical management or those presenting with compensatory bony enlargement.
- Evidence suggests that submucous resection-assisted turbinoplasty ensures optimal long-term nasal patency, whereas radiofrequency ablation (RFA) offers a safe, minimally invasive in-office alternative.
- Regardless of the chosen modality, all surgical techniques must prioritize maximum mucosal preservation to maintain innate respiratory mechanics and prevent the debilitating empty nose syndrome.

Inclusion and Exclusion Criteria

To ensure the synthesis of high-quality evidence, strict selection criteria were applied. Inclusion criteria consisted of (1) peer-reviewed original research articles, including randomized controlled trials (RCTs), prospective cohort studies, and long-term comparative studies; (2) real-world clinical studies evaluating the efficacy of medical and surgical treatments; and (3) articles published in the English language. Exclusion criteria included (1) non-peer-reviewed preprints; (2) studies published in languages other than English; (3) case reports with insufficient clinical data; and (4) abstract-only publications where full-text data could not be verified.

Data Synthesis and Quality

In this narrative review, priority was given to large-scale, multicenter, double-blinded clinical trials, meta-analyses published within the last 5 years, and authoritative otolaryngology guidelines to guarantee the reliability of the discussed data. The extracted literature was subsequently categorized into 4 primary domains for analysis: diagnostic evaluations, medical management strategies, indications for intervention, and surgical modalities.

Diagnostic Evaluation of Turbinate Hypertrophy

Before initiating pharmacological or surgical management, a meticulous diagnostic workup is imperative to quantify the degree of obstruction and differentiate turbinate hypertrophy from other sinonasal pathologies. Modern clinical practice employs a combination of subjective and objective assessment tools.

Subjective evaluation relies heavily on validated Patient-Reported Outcome Measures (PROMs). The Nasal Obstruction Symptom Evaluation (NOSE) scale and the Sino-Nasal Outcome Test (SNOT-22) are currently considered the gold standards for assessing the impact of turbinate hypertrophy on a patient's quality of life. In addition, Visual Analog Scales (VAS) are routinely utilized to rapidly gauge the subjective sensation of unilateral or bilateral airflow resistance.[7-10]

Objectively, anterior rhinoscopy and rigid nasal endoscopy are mandatory to visually assess the size of the turbinates, evaluate mucosal color (e.g., pale and boggy in allergic rhinitis vs. erythematous in inflammatory conditions), and rule out concomitant nasal polyposis, septal deviations, or adenoid hypertrophy. To quantify aerodynamic resistance, rhinomanometry and acoustic rhinometry are frequently employed. Acoustic rhinometry provides an accurate mapping of the nasal cross-sectional area and calculates nasal cavity volume using sound waves. Alternatively, rhinomanometry evaluates transnasal pressure and airflow dynamics during respiration.[11,12] While not routinely required for uncomplicated cases, maxillofacial computed tomography (CT) scans are highly beneficial for distinguishing between mucosal engorgement and bony conchal hypertrophy, particularly in patients undergoing concurrent endoscopic sinus surgery or septoplasty.

Medical Management Strategies

Inferior turbinate mucosal hypertrophy remains the leading etiology of nasal airway obstruction.[13] Pharmacological intervention serves as the primary, non-invasive treatment modality; however, its success is inherently contingent upon an accurate

underlying diagnosis. A stepwise approach targeting the inflammatory cascade is the cornerstone of conservative therapy.

Topical and Systemic Decongestants

Both systemic and topical nasal decongestants rank among the most rapid and potent options for resolving mucosal engorgement. Topical formulations containing oxymetazoline or xylometazoline act as robust alpha-adrenergic agonists, inducing potent vasoconstriction of the turbinate venous sinusoids. Research demonstrates that oxymetazoline relieves turbinate hypertrophy symptoms by simultaneously expanding the nasal cross-sectional area and significantly lowering overall global nasal resistance.[14,15] Despite their immediate efficacy, extended application frequently induces a severe rebound effect. This rebound congestion typically emerges within 5 to 7 days of continuous use. The continuous exogenous stimulation leads to the downregulation of endogenous alpha-receptors, culminating in rhinitis medicamentosa—a severe, medically induced state of refractory turbinate hypertrophy.

Systemic oral decongestants, such as pseudoephedrine, are similarly utilized and possess the distinct advantage of avoiding local rebound mucosal swelling. However, chronic reliance on oral decongestants can result in tachyphylaxis and systemic side effects, primarily elevating blood pressure and exacerbating urinary retention in patients with benign prostatic hyperplasia.[14] Furthermore, the clinical efficacy of oral phenylephrine has recently faced significant scientific scrutiny, with the food and drug administration (FDA) confirming its lack of demonstrable efficacy as a nasal decongestant at standard dosages.[16]

Corticosteroids and Antihistamines

Intranasal corticosteroid sprays (INCS) represent the most effective long-term pharmacological therapy for managing turbinate dysfunction. Delivering broad, nonspecific anti-inflammatory benefits, these agents successfully downregulate pro-inflammatory cytokines, diminish eosinophilic infiltration, and reduce overall turbinate volume. To achieve substantial clinical benefit, INCS mandate consistent, daily administration over several weeks. Unlike topical decongestants, long-term application of nasal steroids does not induce tolerance and boasts an excellent safety profile, with minimal systemic absorption avoiding hypothalamic-pituitary-adrenal (HPA) axis suppression.[14,17,18]

Antihistamine medications, exerting their effects by competitively binding to H1 histamine receptors, are exclusively indicated for individuals suffering from allergic turbinate hypertrophy. Second-generation oral antihistamines (e.g., cetirizine, fexofenadine) are preferred over first-generation agents due to their reduced ability to cross the blood-brain barrier, thereby minimizing sedation.

Adjunctive and Emerging Therapies

Hypertonic and isotonic saline irrigations are increasingly recommended as safe, adjunctive therapies. Hypertonic saline, through its osmotic properties, draws fluid out of the edematous turbinate mucosa while simultaneously improving mucociliary clearance by washing away trapped allergens and inflammatory mediators.[19] Additionally, for patients with concomitant asthma and allergic rhinitis, leukotriene receptor antagonists (such as montelukast) provide significant symptomatic relief by inhibiting the leukotriene-mediated inflammatory cascade within the turbinate tissue. More recently, the advent of monoclonal antibodies (biologics) such as omalizumab and dupilumab has revolutionized the treatment of severe, type 2 inflammation-driven upper airway disease. While primarily indicated for chronic rhinosinusitis with nasal polyps (CRSwNP), these agents have demonstrated substantial secondary benefits in turbinate hypertrophy in selected patient cohorts. Dupilumab therapy alters key inflammatory biomarkers by elevating nasal prostaglandin E2 and suppressing the levels of nasal albumin, widespread IgE, and leukotriene E4. At the tissue level, the biologic agent downregulates the expression of genetic pathways driving epithelial damage and leukocyte recruitment within the inferior turbinates[20-22] (Table 1).

Surgical Management

When conservative medical therapies, including maximum dosages of INCS and antihistamines, fail to adequately alleviate symptoms, or in cases involving irreversible structural abnormalities such as compensatory bony hypertrophy, surgical intervention becomes mandatory. In instances of severe septal deviation, the inferior turbinate situated on the concave (more spacious) side undergoes compensatory enlargement—involving both vascular engorgement and osseous expansion—to modulate airflow, necessitating concurrent surgical correction.[5]

Indications for Surgical Intervention

Despite the high frequency of turbinate procedures, standardized criteria rely on the integration of patient-reported symptoms and endoscopic findings. The primary indications for turbinate surgery include:[1,13,23]

- Persistent, subjective nasal congestion secondary to turbinate hypertrophy that is refractory to at least 1 to 3 months of maximal medical management.
- Elevated nasal airway resistance complicating obstructive sleep apnea, particularly when it impairs the patient's ability to tolerate continuous positive airway pressure (CPAP) therapy.
- Compensatory turbinate hypertrophy accompanied by a deviation of the nasal septum requiring septoplasty.
- The requirement to improve surgical access during adjacent interventions, such as endoscopic sinus surgery or transsphenoidal skull base approaches.
- Severe, refractory rhinitis medicamentosa requiring structural volume reduction.

Turbinectomy and Turbinoplasty Modalities

The historical approach to turbinate reduction frequently involved aggressive turbinectomy—the total or near-total excision of the inferior turbinate. While highly effective in eradicating obstructive tissue, particularly in cases of massive bony enlargement, the radical removal of the turbinate leads to severe physiological consequences. The creation of large areas of exposed bone and raw mucosal margins precipitates heavy post-operative crusting, persistent hemorrhage, and synechiae formation.[24,25]

To mitigate these severe morbidities, the paradigm of modern rhinology has shifted strictly toward mucosa-sparing techniques, broadly categorized under turbinoplasty. Submucous resection (SMR) involves creating an incision at the anterior head of the turbinate. Through this localized portal, blunt

Table 1. Medical Treatment Modalities for Turbinate Dysfunction

Medication Category	Examples	Mechanism of Action and Indications	Clinical Advantages	Adverse Effects and Precautions
Topical nasal decongestants[14,15]	Oxymetazoline, phenylephrine	Potent alpha-adrenergic agonists; reduce congestion by increasing cross-sectional area and decreasing global nasal resistance.	Highly effective for rapid, short-term symptom relief; significantly improves regional airflow.	Prolonged use (> 4-5 days) causes rebound congestion (rhinitis medicamentosa).
Oral decongestants[14,16]	Pseudoephedrine, phenylephrine	Systemic relief of congestion without causing rebound mucosal swelling.	Safe for prolonged use regarding rebound; however, FDA questions the efficacy of oral phenylephrine.	Can elevate blood pressure in hypertensive patients; may cause urinary retention in benign prostatic hyperplasia (BPH). Tolerance can develop. Phenylpropanolamine withdrawn due to stroke risk.
Antihistamines[14]	Various over-the-counter and prescription forms	Block H1 histamine receptors; indicated specifically for patients with allergic rhinitis.	Effective against rhinorrhea and congestion when combined with oral decongestants.	First-generation drugs cross the blood-brain barrier (causing sedation and memory issues); mucosal dryness. Contraindicated in glaucoma patients.
Intranasal corticosteroids[14,17,18]	Budesonide, Fluticasone, etc.	Broad, nonspecific anti-inflammatory effects; primary management for allergic rhinitis.	Excellent safety profile; no significant HPA axis suppression; no tolerance with prolonged use.	Local mucosal dryness, epistaxis, rare septal perforation. Minimal long-term adult height reduction in children (approx. 1.2 cm), manageable with monitoring.
Saline irrigations[19]	Hypertonic and isotonic saline	Osmotic reduction of mucosal edema and physical clearance of allergens/mediators.	Safe, non-pharmacological adjunctive therapy; improves mucociliary clearance.	Mild local irritation or burning sensation (especially with hypertonic solutions).
Biologics (monoclonal antibodies)[20-22]	Dupilumab, omalizumab	Target specific pathways in type 2 inflammation (e.g., blocking IL-4/IL-13 or IgE).	For turbinate hypertrophy associated with CRSwNP or asthma.	High cost; strictly indicated for specific inflammatory phenotypes; requires systemic administration.

BPH, benign prostatic hyperplasia; CRSwNP, chronic rhinosinusitis with nasal polyps; FDA, food and drug administration; HPA, hypothalamic-pituitary-adrenal; IgE, Immunoglobulin E; IL-4, interleukin-4; IL-13, interleukin-13.

dissectors or microdebriders are utilized to excavate submucosal stroma and conchal bone, after which the intact mucosal envelope is redraped over the reduced framework. Alternatively, microdebrider-assisted inferior turbinoplasty (MAIT) utilizes a motorized oscillating blade with active suction to precisely shave submucosal erectile tissue through a minuscule puncture. Long-term comparative analyses evaluating various modalities consistently demonstrate that augmenting a submucous resection with a subsequent lateral outfracture of the inferior turbinate optimizes long-term surgical success. This combined technique guarantees superior nasal patency, prevents recurrent bony hypertrophy, and critically preserves physiological IgA secretion and mucociliary clearance.[26-28]

Radiofrequency Ablation

Radiofrequency turbinate reduction (RFTR) serves as a highly effective, minimally invasive thermotherapy modality. By transmitting high-frequency electrical currents (typically between 300 and 500 kHz), the radiofrequency ablation (RFA) device induces ionic agitation within the tissue. Unlike traditional electrocautery, which burns tissue at temperatures exceeding 400°C and causes severe collateral necrosis, RFA operates at relatively low, carefully controlled tissue temperatures (between 60°C and 90°C).[23,29] This targeted thermal energy triggers cellular apoptosis and subsequent localized fibrosis deep within the submucosa, effectively shrinking the overall structural volume over several weeks.

The most significant advantage of RFA is the absolute preservation of the superficial respiratory epithelium, which safeguards innate mucociliary transit times. RFA is ideally suited for in-office performance under local anesthesia, yielding exceptional patient tolerance and a virtually bloodless operative field.[1,30] Numerous clinical investigations confirm that RFA provides substantial objective volumetric reductions—often exceeding 25% on postoperative CT scans—and dramatically improves subjective nasal

airflow.[31,32] While symptom recurrence at the 2- to 3-year mark remains a known limitation of RFA compared to bony resective techniques, the procedure's outpatient nature allows for straightforward, repeatable treatments with minimal morbidity.

Alternative Minimally Invasive Modalities: Coblation and Laser Ablation

In recent years, alternative energy-based modalities have gained traction. Coblation (cold ablation) utilizes radiofrequency energy passed through a saline medium to create a highly localized plasma field. This plasma field breaks molecular bonds at extremely low temperatures (40°C to 70°C), dissolving submucosal tissue with unparalleled precision and minimal thermal spread. Studies suggest coblation offers comparable volumetric reduction to traditional RFA but with potentially less postoperative edema and pain.[33-35]

Similarly, Diode and CO2 laser ablation have been employed to vaporize turbinate tissue. While lasers are highly precise and provide excellent hemostasis, they rely on creating external mucosal linear lesions, which can induce temporary mucosal crusting and delayed healing compared to purely submucosal techniques like RFA and coblation.[33-35]

Septoturbinotomy

Frequently executed as a conservative adjunct during rhinoplasty, septoturbinotomy aims to widen the internal nasal valve. This technique involves forcefully displacing the conchal bone laterally while compressing a deviated vomer toward the midline. Compared to classical resective operations, septoturbinotomy widens the functional airway by altering the geometric angles of the nasal cavity without removing any tissue, thereby boasting the lowest incidence of postoperative crusting and synechiae[36] (Table 2).

Table 2. Surgical Treatment Modalities for Turbinate Hypertrophy

Surgical Modality	Procedure Description	Clinical Advantages	Complications and Disadvantages
Turbinectomy[1,24,25]	Partial or complete excision of the inferior turbinate, often utilizing a microdebrider.	Effective for addressing severe cases involving significant bony hypertrophy.	Leaves raw mucosal edges and exposed bone; high risk of bleeding, heavy crusting, and need for nasal packing. Potential association with empty nose syndrome (ENS).
Turbinoplasty (submucous resection and outfracture)[37-39]	Incision at the turbinate head to remove submucosal tissue/bone via microdebrider, followed by lateral repositioning (outfracture).	Submucous resection yields the highest long-term (6-year) nasal patency; preserves IgA secretion and mucociliary clearance.	Poor flap approximation can lead to postoperative bleeding, crust formation, and synechiae (scar bands).
Radiofrequency ablation (RFA/ RFTR)[1,13,23,29-32,40-43]	Insertion of a thermal probe to deliver radiofrequency energy, inducing cellular apoptosis and submucosal fibrosis (volume reduction).	Minimally invasive; preserves mucociliary function and superficial mucosa; easily performed in an office setting under local anesthesia.	Recurrence of symptoms is possible (though easily re-treated in-office); conflicting evidence regarding long-term histological alterations.
Coblation[33-35]	Uses radiofrequency energy in a saline medium to create a localized plasma field, dissolving tissue at low temperatures (40-70°C).	Minimal thermal spread to adjacent tissues; potentially less postoperative edema and pain compared to traditional RFA.	Requires specific, potentially more expensive equipment/ wands; mild risk of temporary crusting.
Laser ablation[33-35]	Uses Diode or CO_2 lasers to vaporize turbinate tissue and coagulate blood vessels.	Highly precise tissue vaporization with excellent intraoperative hemostasis.	Creates external mucosal lesions leading to temporary postoperative crusting and delayed mucosal healing.
Microdebrider-assisted inferior turbinoplasty (MAIT)[43-45]	Endoscopic removal of submucosal turbinate stroma using a mechanical microdebrider.	Compared to RFA, it demonstrates superior long-term (3-year) symptom maintenance and a more significant decrease in physical nasal volume.	More invasive than RFA; requires surgical setting and potentially higher risk of bleeding if mucosa is perforated.
Septoturbinotomy[36]	A minimally invasive adjunct to rhinoplasty; uses a nasal speculum or clamp to forcefully outfracture turbinates and centralize the vomer.	Rapidly expands the internal nasal vault.	Generally has fewer complications (less epistaxis, crusting, and synechiae) compared to traditional resective methods.

CO2, carbon dioxide; ENS, empty nose syndrome; MAIT, microdebrider-assited inferior turbinoplasty; RFA, radiofrequency ablation; RFTR, radiofrequency turbinate reduction.

Clinical Significance and Complications: The Aerodynamic Paradox

The fundamental principle governing all contemporary turbinate surgery is the maximal preservation of the mucosal layer. The respiratory mucosa not only performs conditioning functions but also harbors dense networks of sensory nerve endings, specifically transient receptor potential melastatin subtype 8 thermoreceptors. These receptors are highly sensitive to the cooling effect of inspired air and are uniquely responsible for providing the central nervous system with the subjective sensation of nasal patency.[46,47]

If intranasal mucosal surfaces sustain excessive injury or if the aerodynamic architecture is drastically altered—frequently resulting from overly aggressive turbinectomy—these receptors lose their sensory capabilities. Furthermore, the complete removal of the turbinate disrupts normal laminar airflow, creating chaotic, turbulent eddies within an overly capacious nasal cavity. Consequently, patients suffer from Empty Nose Syndrome (ENS), a devastating iatrogenic pathology characterized by a paradoxical sensation of severe suffocation and nasal congestion despite possessing fully patent, physically unobstructed nasal airways. Empty nose syndrome is frequently accompanied by severe mucosal atrophy, crusting, and profound psychological distress, severely diminishing the patient's quality of life.[48,49] Therefore, while surgical reduction is frequently executed to resolve structural airway limitations, it must be executed with meticulous caution and strict adherence to mucosa-sparing principles.

Conclusion

The nasal turbinates are highly specialized anatomical structures that play an essential physiological role in filtering, humidifying, and dynamically regulating nasal airflow through complex aerodynamic and mucosal mechanisms. Inferior turbinate hypertrophy remains one of the most prevalent causes of chronic nasal obstruction encountered in clinical practice, significantly impairing respiratory mechanics. A rigorous diagnostic approach, utilizing both objective metrics and patient-reported outcomes, is essential to delineate the precise etiology. The first-line management for this condition relies on targeted pharmacological therapies, notably intranasal corticosteroids and advanced antihistamine protocols, which effectively control symptoms in a majority of patients.

However, when medical management fails, or when compensatory bony hypertrophy is present, surgical intervention becomes necessary. The contemporary paradigm of turbinate surgery unequivocally rejects aggressive resective techniques in favor of minimally invasive, mucosa-sparing modalities. Submucous resection-assisted turbinoplasty, microdebrider techniques, and radiofrequency ablation have proven to be exceptionally safe, providing significant, long-lasting relief from nasal obstruction. Regardless of the selected modality, the maximal preservation of functional mucosal tissue is critical to maintaining innate mucociliary clearance, preserving sensory thermoreceptors, and preventing irreversible, debilitating complications such as empty nose syndrome. Ultimately, the successful management of turbinate dysfunction demands a highly individualized, multidisciplinary strategy that integrates the most current evidence-based medical therapies with sophisticated, conservative surgical techniques.

Data Availability Statement: The data that support the findings of this study are available on request from the corresponding author.

Artificial Intelligence Usage Statement: The authors declared that no artificial intelligence tool was used in the preparation of the manuscript.

Peer-review: Externally peer-reviewed.

Author Contributions: Concept – N.B.M.; Design – N.B.M.; Supervision – N.B.M.; Resources – N.B.M.; Materials – N.B.M.; Data Collection and/or Processing – N.B.M.; Analysis and/or Interpretation – N.B.M.; Literature Search – N.B.M.; Writing – N.B.M.; Critical Review – N.B.M.

Declaration of Interests: The authors have no conflicts of interest to declare.

Funding: The authors declare that this study received no financial support.

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