

Follow up

If you have an external dressing or splint on your nose you will be asked to attend the Ear, Nose and Throat (ENT) Outpatient clinic after around one week to have this removed. You may be given an outpatient appointment before you leave hospital or this may be posted to you.

Contact Numbers

If you have any concerns or queries regarding your surgery or follow up: please contact the ward that you had your surgery on:

St Helens	Sanderson Suite 01744 646 098
Whiston	Ward 4B on 0151 430 1637
Southport	01704 705 227
Ormskirk	01695 656 885

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Southport Hospital
Town Lane, Kew,
Southport, Merseyside,
PR8 6PN
Telephone: 01704 547 471

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

www.MerseyWestLancs.co.uk

Septoplasty

Patient information leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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What is Septoplasty surgery?

Septoplasty is an operation on the partition inside your nose made of cartilage and bone, which separates your two nostrils.

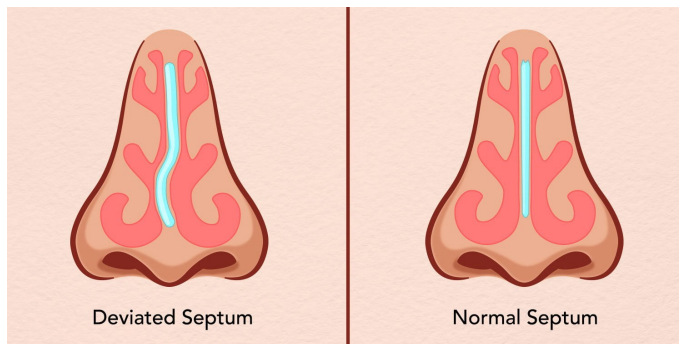
Why is Septoplasty surgery necessary?

Usually the septum is straight and in the middle of the nose. Your septum is bent over, which makes the inside of your nose narrow, so it feels blocked. The lining of the side of your nose (turbinate) may also swell so that both sides feel blocked.

Blockage of the nose can interfere with drainage of mucus from your sinuses, leading to sinus infections, facial pain, and headaches. It can also interfere with the working of the Eustachian tube (the tube which connects the back of your nose to your ear) making your ears feel blocked and your hearing muffled.

Straightening your septum will relieve nasal blockage and may help relieve problems with your sinuses and ears. It is sometimes necessary to combine this procedure with a reduction of your nose lining (or turbinates).

Image shows a normal septum and a deviated one



What to do if you have a nosebleed:

- If your nose starts to bleed, do not panic.
- Try to rest in a sitting position with your chin slightly down.
- Suck an ice cube and apply an ice pack or a packet of frozen peas to the bridge of your nose or your forehead/back of neck.
- Use a cloth or tissue to apply firm pressure to the fleshy part of your nose and use a clock to time yourself. Continue to apply pressure for 10 minutes.
- Spit out the blood and try not to swallow, as it will make you sick.
- If you are unable to stop the bleeding after 30 minutes, go to the Emergency Department (A&E).

Further information can be found on:
www.nhs.uk/conditions/nosebleed

Things to look out for

- A persistent excessive and smelly discharge from your nose.
- You feel feverish and unwell.
- You find that your nose becomes increasingly painful and your current painkillers do not relieve the pain.

If you experience any of the above, we advise you to contact the ward as you may have an infection and may need antibiotics. If infection is not treated, your nose may start to bleed.

Reducing risk of bleeding

- For the first week following surgery, you are advised not to blow your nose or pick off any crusts as this may interfere with the healing process in your nose and may start your nose bleeding. If you need to wipe your nose, use a tissue or gauze rather than a cotton handkerchief as this reduces the risk of infection.
- Please try to avoid very hot baths and we suggest you drink warm instead of hot drinks for the first 48 hours after surgery. Drinking hot fluids will dilate the blood vessels in your nose and increase the risk of bleeding.
- Try to avoid sniffing or sneezing for two weeks after surgery. If you do sneeze, try and sneeze with your mouth open to help lessen the pressure forced through your nose.
- You need to take care not to knock or bang your nose. Contact sports or any strenuous activity should be avoided until your nose has healed completely (for at least 6 weeks).
- Avoid alcohol for two weeks after the surgery, as this thins the blood.
- Avoid taking aspirin as it can affect your blood clotting and can increase the risk of bleeding.

Risks and complications

Your surgeon will have already discussed both the benefits and risks of the operation prior to you signing the consent form.

The main risks for all nasal surgery include:

- Pain.
- Swelling and bruising.
- Nosebleeds.
- Difficulty breathing through the nose, altered sense of smell and infection.

There are more specific risks but these will be discussed with you in more detail with the operating surgeon.

What are the benefits of surgery?

If you have a blocked nose because of the bend in the septum, an operation will help. Sometimes we need to straighten out a bent septum to give us room to do other things, such as sinus surgery. The operation is not meant to change the way your nose looks.

Nasal packs

After surgery you may have a pack in both nostrils that will prevent you from breathing through your nose. This will leave your mouth dry until it is removed, or it dissolves if this is a dissolvable pack. The nasal packs can be uncomfortable but are necessary to prevent nasal bleeding.

Removing nasal packs

If non-dissolvable packing is used, the packs will be removed the following day and this may cause a small bleed but this usually settles down without any further treatment. Very rarely, the nose may have to be repacked. You will attend the ward the following morning for these to be removed.

For comfort during the removal it may be wise to take some pain killers before attending. Expect a small amount of bleeding which usually stops after a couple of minutes. Sometimes, the nose has to be repacked, but this is rare.

Dissolvable nasal packs

Dissolvable nasal packs will melt, be absorbed, or fall out after a few days. Do not try to remove or move your nasal packing.

After your procedure

- You will need to stay off work for approximately two weeks. A sick note (if required) will be given to you by the nursing team).
- We may give you some nasal drops or a spray to help your breathing and an antibiotic cream to take home with you. Please use these as instructed.
- Your nose will be a bit painful for a week or so, please take the pain killers that you have been given on discharge.
- We advise you to avoid going to crowded places in the first week after your operation. Mixing with other people increases the risk of you catching a cold or flu, which would be especially uncomfortable while your nose is healing.
- Avoid smoky/dusty atmospheres, as this irritates the inside of your nose.
- Try to sleep with your head on two or three pillows. This will prevent your nose from swelling and will improve the drainage.
- You will have been given some spare dressings for under your nose to help soak up any oozing you may encounter. You may get some blood coloured watery fluid from your nose for the first 2 weeks or so – this is normal.