

- You develop a smelly, offensive discharge from the nose
- Your nose becomes extremely painful

Are there any long lasting effects?

- Your sense of smell may be affected or lost
- The shape of your nose may be affected over a period of time

For 48 hours after surgery:

- Do not drive
- Do not operate machinery
- Do not make any important decisions
- Do not travel by public transport
- Do not drink alcohol
- Ensure a responsible adult stays with you

All information written in this leaflet has been verified for use by our Consultant Surgeons in ENT.

For further information please ask a staff member or contact www.entuk.org

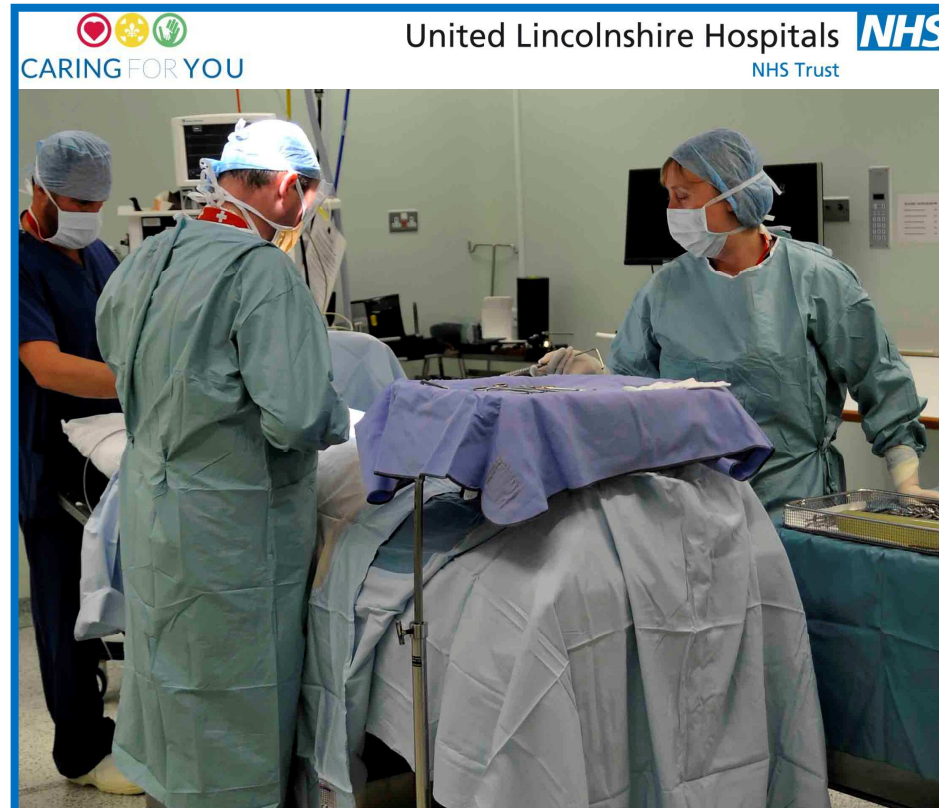
References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk



Septoplasty

Ear, Nose and Throat Department

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Aim of the leaflet

This leaflet is aimed at patients undergoing septoplasty surgery. It aims to explain the procedure and what to expect afterwards.

What is a septoplasty?

This is when the septum (wall between the nostrils) is re-shaped and re-positioned.

Why do I need a septoplasty?

When the septum is bent, it makes your nose feel blocked and can cause problems with your sinuses and ears. Having a septoplasty will enable you to have a clear nose and breathing may be improved.

Do I have to have surgery/Is there an alternative?

There are nasal sprays, but if these have not been effective there is no alternative to this surgery. 70% of patients find it helps to reduce their snoring and sometimes continuing nasal sprays after surgery helps.

What are the risks involved?

- Failure or limited improvement and/or
- Bleeding from the nose (early or late)
- Infection in the nose
- Perforation of the septum and/or adhesions

What happens before the operation?

This surgery can be done as a day case but criteria have to be met. This will be discussed with you at your appointment time. You may be asked to attend a pre-assessment clinic. Your medical history will be noted and the operation explained. You will be asked to sign the consent form – ensure you understand your operation before signing. Any necessary tests will be carried out e.g. blood tests, x-rays, ECG (tracing of your heart).

The medications you currently take will be discussed with you and advice given as required.

You will receive information about when to stop eating and drinking before your operation.

You will usually be seen by the anaesthetist on the ward.

What sort of anaesthetic will I have?

The surgery is performed under a general anaesthetic (you will be asleep).

What should I expect after my operation?

- You may return to the ward with packs in your nose. These will usually be removed the following morning, until then you will have to breathe through your mouth.
- You may have splints held in place in the nose with a stitch. These will be removed one week following surgery in clinic. You may have some discomfort and soreness of the nose. This can be relieved with painkillers which the nurse will give you.
- You should be able to eat and drink within a couple of hours, providing you do not feel sick. If you feel sick the nurse can give you medication for this.
- You will usually be discharged the same day as the operation (approximately 4 to 6 hours following surgery). Some people are required to stay in hospital overnight.

How long will it take me to recover after my operation?

- Your nose will feel blocked and it will take 2 to 6 weeks before your nose will settle, sometimes longer.
- You may have a watery, bloodstained discharge, usually this resolves gradually over 1 to 2 weeks.
- Take simple painkillers, i.e. Paracetamol, for any discomfort.
- You will probably require 1 to 2 weeks sick leave. You can obtain a sick note from the ward before discharge.
- Try and avoid the following: blowing, poking or picking your nose. Also avoid hot/cold/or dusty environments.

You may need to contact your GP if:

- Your nose bleeds heavily for more than 20 minutes