

You may need to contact your General Practitioner if:

- Your nose bleeds heavily for more than 20 minutes
- 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, but the risk is small. The shape of your nose may change over a period of time. This is most likely to happen during the first year after your surgery.

For 24 hours after surgery:

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

All information written within this leaflet has been verified by our Consultant ENT Specialists.

For further information see www.entuk.org

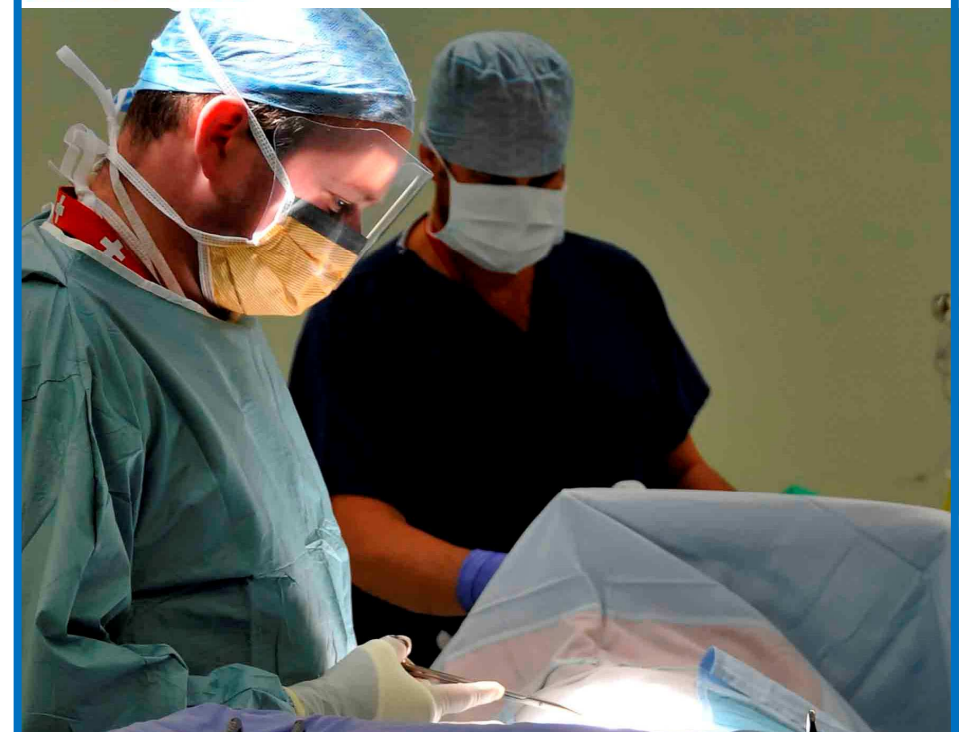
References

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



Septo-rhinoplasty

Ear, Nose and Throat Department
Clinic 6, Lincoln County Hospital (01522) 573255
Clayton Ward (01522) 573130/573778
Surgical Admissions Unit (01522) 573089
www.ulh.nhs.uk

Aim of the leaflet

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

What is a septorhinoplasty?

This is an operation which straightens the nasal bones and septum (wall between the nostrils).

Why is it done?

This is done to correct a nasal deformity and in order to accomplish better breathing through the nose.

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

There are nasal sprays, but if these have not been effective you may wish to have surgery.

What risks are involved?

- Failure or limited improvement
- Bleeding from the nose (early and late)
- Septal adhesion
- Perforation of the septum
- Loss of sense of smell
- Cosmetic appearance may not improve and may be worse
- Bone and tissue under the skin may feel uneven

What happens before the operation?

- Usually this operation requires an overnight stay
- 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 your consent form
- Any necessary tests will be carried out e.g. blood tests, x-rays, ECG (tracing of your heart)
- You will require photographs of your nose prior to surgery and a medical photographer will do this
- The medication 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?

This procedure is done under a general anaesthetic, which means you will be asleep during the operation.

What should I expect after my operation?

- You will 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 also have plastic splints held in place in the nose with a stitch. These will be removed one week following surgery, in clinic
- A Plaster of Paris cast is usually applied to the outer part of the nose to protect the nose and keep it straight. This will be removed 1 to 2 weeks following surgery
- You may have some discomfort and soreness of the nose. This can be relieved with painkillers, which the nurse will give
- 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 next morning

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

- Your nose will feel blocked and it will take 2 to 6 weeks before your nose will settle, sometimes longer. You may experience some sinus pain. 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 be seen in the clinic following your operation
- You will probably require 1 to 2 weeks sick leave. You can obtain a sick note from the ward before discharge
- Try to avoid the following: blowing, poking or picking your nose. Avoid hot/cold/dusty environments
- You may develop black eyes following surgery. This will improve gradually