

## septoplasty & septorhinoplasty

a guide to deciding on surgery, the risks and preparing for before and after surgery

We hope the following review of your discussed operation plan and the associated risks will be helpful to you. We do not wish to frighten you with details but we do feel it is very important that you understand your operation. We would encourage you to ask questions so that you can make a fully informed decision as to whether you want to proceed with surgery.

This information is intended as a check list to act as a memory guide for you. It is provided to support your consultation and we ask you also to review The Nose Clinic web site [www.thenoseclinic.co.uk](http://www.thenoseclinic.co.uk)

### what condition is being treated?

- septoplasty is an operation to straighten and reposition a twisted or displaced septum
- septorhinoplasty also straightens displaced nasal bones or corrects weak nostrils

### what are the indications and benefits?

- nasal blockage
- improved nasal breathing improves quality of life and sometimes sleep quality and work productivity
- snoring may also be improved

### what is the success rate?

- studies have shown approximately 85% of patients report benefit from septoplasty
- occasionally more than 1 operation may be required to fully relieve blockage
- our 2nd operation rate for blockage is approximately 1%

### what are the risks and complications?

- bleeding or infection needing further treatment such as nasal packing or a return to the operating theatre is very rare – blood transfusion is very rare
- a hole may develop through the septum inside the nose which might produce crusting and bleeding
- a dip in the bridge of the nose externally may occur (saddle)
- these complications may require further surgery but are rare
- very rarely, you can have some numbness of your teeth, which usually settles with time. Discolouration has been reported

### what is your complication rate – septoplasty?

- in the last 100 cases we have not had to take any patients back to theatre for bleeding or transfuse a patient
- we have not had to repair any septal perforations
- one case with external shape change required further surgery

**what is your complication rate – septorhinoplasty?**

- in an audit of the last 128 cases we have had no cases of saddle nose requiring further surgery
- no cases required further treatment for post operative bleeding

**what are the alternative treatments**

- there are no alternatives

**what if I have no treatment**

- your nasal blockage will remain the same

**what will I look and feel like after surgery**

- expect to feel tired for two weeks
- expect to have a little bleeding and crusts from the nose for 10-14 days
- your nose will be blocked for two weeks
- pain is unusual
- septorhinoplasty causes bruising around the eyes for about 2 weeks
- septorhinoplasty requires a cast on the outside of the nose for 1 week

**what must I do before surgery?**

- review our web site [www.thenoseclinic.co.uk](http://www.thenoseclinic.co.uk)
- review your admission letter
- read again our financial policy
- review all the documents we have given you
- you should have told us about all the medications you are taking – please bring them with you on your admission
- you should have told us about any allergies you have
- stop any aspirin or aspirin type drugs for 7 days before surgery as these may cause bleeding \*
- anti-inflammatory drugs should be stopped for 48 hours before surgery as these may cause bleeding ^
- tell us if you have a cold

### **what must I do after surgery?**

- take the medications given to you on your discharge from hospital
- avoid exercise or strenuous activities for 2 weeks
- avoid contact sports for 6 weeks
- avoid blowing your nose for 1 week
- sneeze with your mouth open for 1 week
- you may lie flat at night after leaving hospital
- arrange to be off work for 1 to 2 weeks
- avoid flying for 2 weeks
- avoid smoky environments for 4- 6 weeks
- contact us if you have continuous bleeding – in an emergency attend your local accident and emergency department
- contact us if you develop worsening pain

### **how to contact us in an emergency**

- during office hours ring 01483 555827
- out of hours ring the surgical ward via the Guildford Nuffield Hospital reception tel. 01483 555800
- advice may also be sought from the on-call Specialist Registrar for ENT surgery at The Royal Surrey County Hospital tel. 01483 563122

### **we would like to remind you**

in accordance with best practice guidelines

- you can change your mind about having surgery at any time
- you have the right to a 2nd opinion and if so we suggest you see another surgeon who specialises in the nose
- that we are very happy to answer any further questions you may have

