

- A change in the shape of the nose.
- numbness/pain to the upper front teeth.

In an emergency

If you require urgent medical advice, telephone the hospital switchboard (01483 571122) and ask to speak to the 'ENT surgeon on call'. The surgeon can then advise you over the phone or arrange to see you at the hospital if necessary.

Any complaints or comments?

If you have any complaints or comments please contact the Doctors or Nurses straight away. If this does not solve the problem please contact the Day Surgery Unit Manager on 01483 406783 or write to the Day Surgery Unit, Royal Surrey County Hospital, Egerton Road, Guildford, Surrey GU2 7XX. Similarly, if you have any other comments about the service provided we would also like to hear from you.

These notes will not cover everything. If you want to know more, please ask.

Further information

- www.surgerydoor.co.uk

Reference source

- [www.bmihealthcare.co.uk/treatment/treatmentsdetail?p_name=Septoplasty and submucous resection&p_treatment_id=233](http://www.bmihealthcare.co.uk/treatment/treatmentsdetail?p_name=Septoplastyand%20submucous%20resection&p_treatment_id=233)

Contact details

If you require further advice, please do not hesitate to contact the Day Surgery Unit.

Day Surgery Unit

Telephone: 01483 406783
Monday–Friday, 8am–6pm

Surgical Short Stay Unit

Telephone: 01483 406828

Out of hours advice

Call 111 (formerly NHS Direct)

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Septoplasty

**Day Surgery Unit
Surgical Short Stay Unit**



Patient information leaflet

What is a Septoplasty?

The septum is the cartilage and bone partition that runs down the centre of the inside of your nose, separating the two nostrils. A septoplasty is usually recommended if the septum is deformed or bent, producing difficulty in breathing through the nose. In some cases it may lead to snoring or even ear problems.

The purpose of the procedure is to straighten out the septum, thus improving these symptoms. If your nose is bent externally as well, you may require a 'Septorhinoplasty' operation; your surgeon will discuss this with you before your operation.

What does surgery involve?

A small cut is made in the skin (mucus membrane) covering the septum inside your nose. The cartilage is then straightened out and moved into the correct position. If the bone behind the cartilage is also crooked, the surgeon may trim this bone to straighten it. The skin is stitched with dissolvable stitches. A small gauze dressing may be placed over the nostrils to catch any bleeding following surgery.

It may be necessary to place packing or soft splints in your nostrils to support the septum as it heals. These may be removed before you go home.

What are the alternatives?

Decongestant tablets, nasal sprays or nasal drops may help to reduce symptoms that are due to nasal lining problems.

After your operation

Will it hurt?

Your nose and sinus area will feel blocked and uncomfortable for about two weeks. Every effort will be made to keep you comfortable while on the Day Surgery Unit.

You will also be provided with painkillers to take home. These will carry a prescription charge, unless you are exempt.

Will I bleed?

Some bleeding from the nostrils immediately following the procedure is to be expected. You will have a dressing under your nose when you wake up to catch any bleeding.

A small amount of bleeding may occur during healing. Avoid picking or blowing your nose as this may make the bleeding worse. If your bleeding is persistent or heavy, contact your GP or the ward for advice.

When can I resume activity and exercise?

Avoid smoky, crowded or polluted atmospheres, hot baths and stay away from people with colds or flu as much as possible to avoid discomfort and infection.

For the next two weeks, avoid bending forwards as this puts pressure on the operation site. For the same reason, heavy lifting and strenuous activity such as sport or heavy gardening should be avoided for the next two weeks.

If you need to sneeze during this time, you may find it more comfortable to sneeze with your mouth open.

When can I return to work?

You are strongly advised to take 1-2 weeks off work, depending on the level of physical activity involved. The Day Surgery Unit can provide you with a doctor's certificate for time off work if required.

When can I drive?

You **must not** drive for at least 24 hours following a general anaesthetic. You may resume driving when you feel comfortable.

Follow-up appointment

If you require a follow-up appointment at the hospital, it will be forwarded to you by post.

Are there any potential risks and complications?

Complications following this procedure are rare, but include:

- **Excessive bleeding** – some bleeding immediately following the procedure is to be expected. However, once you get home, any more than a few drops may require medical attention. If you experience bleeding, contact the surgical team (see 'in an emergency' on the back of this leaflet).
- **Infection** – if your sinuses or nose become tender or swollen, contact your GP as you may require antibiotics.
- Rarely, a hole may occur in the septum. If this causes problems, it can be repaired surgically.