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# Information Regarding Septoplasty, and Reduction of inferior turbinates

## What is it?

Correction of the position of the central nasal cartilage (the septum) and reduction of the cushions of tissue at the sides of the nasal airways (the turbinates).

## Reasons for having the operation

Nasal obstruction Snoring Recurrent bleeding

### Results

Overall results are very good for improving the nasal airway (95+ %). In a small number of patients the cartilage may gradually return to its preoperative position and require a second operation. Allergic symptoms, such as sneezing and congestion may not be improved with surgery and specific allergy treatment may be required.

## Nature of the operation

You will be admitted to hospital on the day of surgery

The operation is done under general anaesthetic

The operation normally takes about 1 hour, and is done through the nostrils.

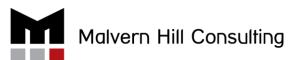
There are no external cuts or bruises.

Usually you will have a dressing placed in the nose that dissolves with time, but occasionally a more comprehensive nasal dressing is required that is removed the next day.

Usually you will go home on the same day of surgery if there are no problems after 4 hours. If there are concerns, you may need to stay the night.

## **Side-effects and Risks**

Pain. You should not experience more than moderate discomfort after this operation.



Bleeding. It is normal to get blood stained secretions for the first 2 weeks. Heavy bleeding is uncommon and you should proceed directly to the emergency department if this occurs.

Infection. There is a small risk of infection, which needs prompt treatment. Any increasing pain or fever should be reported to me as soon as possible.

Septal Perforation. There is a small risk (1%) of causing a hole in the cartilage from one side of the nose to the other. Occasionally this may then whistle or bleed and require ongoing treatment.

Change in sense of smell. There is a small risk (<1%) of your sense of smell being altered following surgery, which may be permanent.

Dental sensation. Occasionally (2-3%) some numbness around the upper central teeth is noted after surgery. This will usually resolve over some months, but there is a possibility it may be permanent. It will not affect the appearance or viability of your teeth.

Dry nose. The turbinates help to moisturize the nose and trimming them may cause some dryness. In rare situations, this is an ongoing problem.

## **Post-operative Information**

## Crusting

It is usual to get scabbing and crusting in the nose for the first 2 weeks. You will be given some saline spray/solution to use to help clear the nose. Nose blowing should be avoided in the first 2 weeks as this may cause bleeding.

## <u>Bleeding</u>

It is recommended that strenuous activity be avoided for the first 2 weeks. Showers should be warm, not hot. Do not travel more than 1 hour away from health care facilities in this time.

If some bleeding does occur, sit up and suck on some ice.

If bleeding is persistent (longer than 5-10 minutes) or severe you should contact me on my pager and go straight to hospital.

#### Pain

Any increase in pain should be reported to me promptly. Simple analgaesics such as paracetamol should be adequate.

## Check-up

An appointment should be made to see me in my office 2 weeks following surgery. Any ongoing concerns may be discussed then.

#### Time off Work / School

3-14 days is usually required, depending on the type of work. A work certificate will be provided at your post-operative visit as required.