

Nasal septum surgery

Nasal septum correction

Please note:

Should there be any disorders of blood clotting and/or you are being treated with **blood thinning drugs**, report this to the doctor and nurse. After consulting with your doctor, you may be asked to temporarily discontinue blood-thinning medications.

You should also report any clotting problems in yourself or your family members.

Nose function

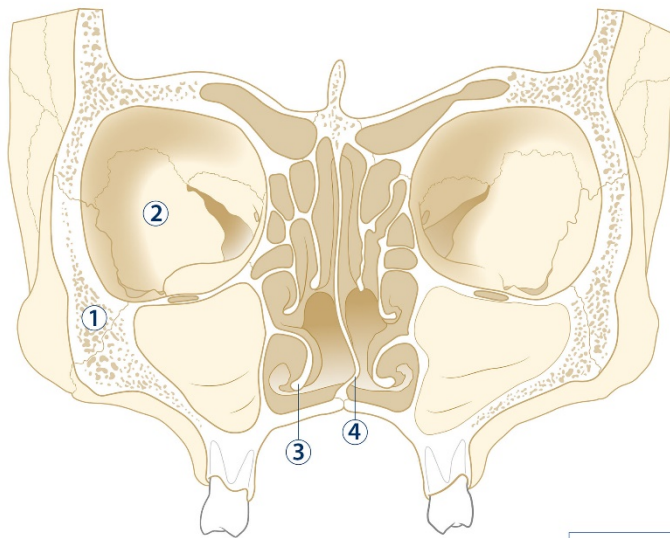
The nose plays an important role in:

- Smelling: the olfactory cells are located at the top of the nasal cavity. These cells transmit a signal to the brain, allowing you to smell.
- Breathing: with breathing, the nose warms, moisturizes and cleans the inhaled air.
- Speaking: the nose also plays a role in voice generation.
- Tear fluid: it drains through the nose.
- Exterior of the nose: the shape of the nose determines a person's appearance.

When is surgery required?

Nasal function, particularly nasal passage, can be affected by several factors. For example, by a cold or allergy. This can be aggravated by a curvature of the nasal septum, which separates the two halves of the nose. Nasal septum surgery (nasal septum correction operation) can correct most of the nasal dysfunctions.

The information in this leaflet is of a general nature and is meant to give you an idea of the care and information that you can expect. Other advice or procedures may apply depending on your situation. This leaflet supplements the specific information provided by your specialist or practitioner.



- 1 doorsnede schedel
- 2 oogkas
- 3 onderste neusschelp
- 4 scheefstaand neustussenschot

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Source: Medical Visuals, Maartje Kunen

Preparation

You will receive an appointment for the POS (preoperative consultation). At the inpatient unit, you will receive information about anaesthesia and the ward in which you will be admitted.

Nasal septum surgeries

Nasal septum surgery (nasal septum correction operation) aims to improve the nose passage.

There are different types of procedures:

Internal nasal septum surgery

In this operation, the cartilage and bone of the nasal septum are removed through a small incision inside the nose. The nasal septum is straightened, by removing protrusions and leveling out crooked parts. Tampons are to be inserted into the nose after the operation. These tampons provide support to the nasal septum, allowing mucous membrane, cartilage and bone to grow back together. The tampons also keep the operation area in the nose from bleeding for too long. Sometimes silicone plates are also inserted into the nose.

Internal and external nasal septum surgery

Sometimes the nasal function is insufficient due to a deviation of the nasal septum as well as an abnormal shape of the outside of the nose. The latter also affects appearance. In this case, the ENT doctor may be able to improve the function of the nose and appearance in one procedure.

In this operation, the nose is opened at the bottom. A small scar will remain visible on the underside of the nose. In addition to tampons, plasters or a cap (outside) are applied to the nose after the procedure.

Both internal and external rhinoplasty often include treatment (reduction) of the nasal turbinates.

For that, read the leaflet Operation on the nasal turbinates (Coblation).

Postoperative Care

All the above operations are performed under general anaesthesia. Upon returning to the department you will have:

- tampons in your nose; these remain in the nose for one to five days.
- sometimes there may be two plastic plates against the nasal septum; they should remain in the nose for one week.
- with an external nasal septum correction, a plastic cap with patches may be also applied;
- frequent blue discolouration and swelling around the eyes (external correction only);
- sometimes a somewhat numb feeling around the nose;
- sometimes a slightly bleeding nose.

Admission time

You can usually go home on the day of the operation, but sometimes you have to stay in hospital overnight. You should **not** drive a car.

Removing tampons

You will be given an appointment to remove the tampons. Reserve one hour for this appointment. You should **not** drive a car.

Advice for at Home

- You should not blow your nose during the first week after the operation.
- Sneezing should be done with the mouth open.
- After removing the tampons, the doctor recommends that you rinse with a saline solution (1 teaspoon of salt to 2 dl of lukewarm water). You can also purchase a flush bottle for this purpose at the ENT outpatient clinic.
- If you received a prescription for nasal spray, use it 3 to 4 times a day.
- For pain, you can use paracetamol.
- We recommend being careful for the first week.

- Do not consume highly spicy foods or hot drinks for the first 3 days after the procedure and/or after removing the tampons. This prevents nose bleeding afterward.
- Contact sports are not recommended for the first six weeks. These are sports where you can easily bump your nose.
- If you have a plastic cap, keep it in place day and night until the follow-up appointment (after one week). After that you will use this cap for another six weeks, but only while sleeping.

Risks and complications

With any surgical intervention, there are some risks. So too with nasal surgery.

- In an occasional case, infection may occur. This is usually accompanied by an increase in temperature and worsening of pain. Such inflammation is easily treatable.
- Sometimes your nose may start bleeding again.
- In either case, contact the outpatient ENT clinic or the Emergency Department (outside office hours).

Important telephone numbers

- You can reach the ENT outpatient clinic during office hours by calling:
+31 40 888 56 70
- Outside of office hours, call the Emergency Department by calling:
+31 40 888 88 11