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What is a deviated nasal septum?

A deviated nasal septum means that the septum is crooked or bent. This can be present when a person is born or it can be from trauma such as a fall or sports injury.

The most common symptoms from a deviated septum are:

- Difficulty breathing through the nose
- Nasal congestion, sometimes worse on one side than the other
- Increase in the severity or frequency of sinus infections
- Nosebleeds
- Contribute to sleep apnea

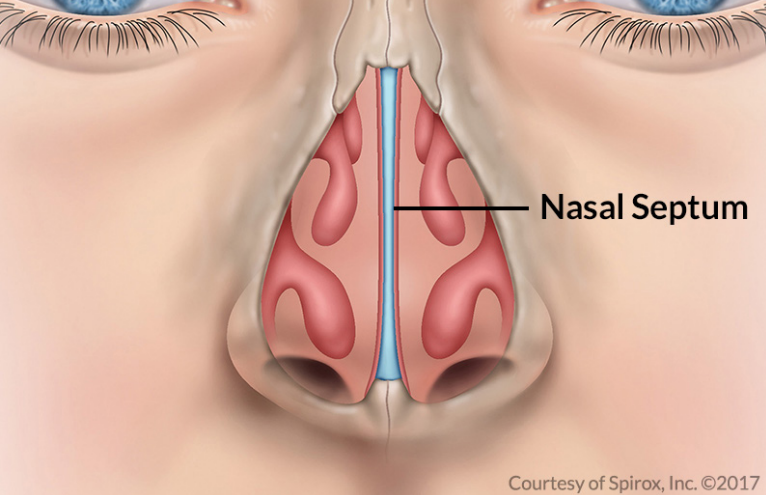
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SEPTOPLASTY

A TREATMENT FOR DEVIATED
NASAL SEPTUM



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What is the nasal septum?

The nasal septum is the divider between the right and left side of the nose. It extends from the center of the front of the nose all the way to the back. Its purpose is to direct air flow in a smooth fashion and aids in the humidification we breathe.

What is Septoplasty?

Living with chronic nasal obstruction and congestion can be frustrating and affect your daily activities. Septoplasty is a procedure that can help with better nasal breathing by straightening a crooked nasal septum.

How is the procedure performed?

The procedure is performed through the nostrils, so there is not a need to make external incisions on the face.

Through an incision made inside the nostril, the mucosa (tissue lining the nasal cavity) covering the nasal septum is lifted up to allow visualization of the cartilage and bone. The deviated portions of bone and cartilage are removed or reshaped.

The mucosa is then re-positioned and the incision is stitched closed.

Nasal packing is not placed, but a soft nasal splint is placed in each nostril to help maintain the shape. These are usually removed the next day, but in some cases, may be left in for 2-5 days.

Complications associated with nasal surgery can vary by patient due to their ability to heal and anatomy. Risks can include infection, nosebleeds, and reaction to topical anesthetics.

Where is the procedure done?

The procedure is frequently performed in the office under local anesthesia and takes between 30-45 minutes. Under certain circumstances, the procedure may be done in the operating room under general anesthesia.

What can I expect after the procedure?

You may experience facial pressure or discomfort, dull headache, and a small amount of bleeding the first few days. A prescription pain medication may be prescribed to take for the first few days, but we encourage taking Tylenol and applying a soft ice pack to the face to help relieve any discomfort.

When will I notice a difference in nasal breathing?

Most patients notice an improvement immediately after their procedure. However, septal surgery can cause temporary swelling inside the nose. Nasal congestion should be expected for 2-3 weeks. Decongestants, antihistamines, and steroid nasal sprays may be used if needed.

The procedure is highly effective in restoring nasal breathing (about 90%). Furthermore, it is beneficial in decreasing obstructive breathing in sleep apnea patients, decreasing sinus infections, and may control rhinogenic headaches in many patients.

