



# **Septoplasty and Turbinoplasty**

## **Patient information Leaflet**

**June 2020**

## **Septoplasty**

This is the name of the surgery performed to straighten the septum. This is a thin piece of cartilage and bone that divides the nostrils and can cause breathing problems if bent. This can be as a result of injury or may have just grown that way. It is rarely performed in children for a minor change in the septum, as there is the potential that surgery could disrupt the growth of a child's nose.

### **How is a septoplasty performed?**

You will be put to sleep with a general anaesthetic. The operation usually takes about 30-45 minutes with additional time in recovery while the effects of the anaesthetic wear off. The surgeon will make a cut inside your nose and straighten out the septum by taking away some of the cartilage and bone and moving the rest of the septum back to the middle of the nose. Dissolvable stitches are used inside the nose. Occasionally packs are put in to the nose to stop any bleeding and removed before you go home.

## **Turbinoplasty**

This is the name for surgery performed on the turbinates. These are ridges on the inside of both nostrils that help increase the surface area inside the nose to heat, moisten and filter air as it is breathed in. In some people they become enlarged, sometimes through allergy but in others through no apparent cause. This can affect breathing, comfort and sleep. If medication fails to ease these problems then turbinoplasty may be considered.

### **How is a turbinoplasty performed?**

You will be put to sleep with a general anaesthetic. There are various ways of shrinking the lining of the turbinates but all are done from inside the nose so there is no bruising or scar visible afterwards. Often a very fine instrument is inserted just underneath the lining of the nose which reduces the thickness of the lining before being removed again, with minimal risk of significant bleeding.

## **After the operation**

Children are kept on the ward for up to 4 hours of observation following surgery. During this time we will monitor your child and providing they are tolerating drink and food and have passed urine they will then be able to go home.

## **Care at home**

### **Pain**

Paracetamol and ibuprofen are recommended (unless there is allergy to them). Follow the instructions on the bottle/packet and give them regularly in the first two days, then as required. Pain levels are different but excessive or prolonged pain are unusual.

### **Things to be aware of following surgery**

Septoplasty and turbinoplasty are safe procedures, but there are some risks.

- While some mild bloody or brownish discharge from your nose for 1-2 weeks after surgery is normal, heavy bleeding is not and we may have to put packs into your nose to stop this. This can happen within the first 6-8 hours after surgery or up to 5-10 days after. Very rarely you may need to return for surgery to stop the bleeding.
- Infection in your nose after this operation is rare but can be serious so you should see a doctor if you develop a temperature, your nose is getting more blocked and sore or you notice a yellow/green discharge.
- You may notice a change in your voice – this is a result of the change in airflow.
- Some crusting and dryness inside the nose can occur and you may be given nasal medication for this.

- Swelling is normal after surgery so your nose may feel blocked for a couple of weeks after.
- A poor sense of smell and taste. This should improve in a few weeks.

**Avoid the following for two weeks after surgery**

- Blowing your nose vigorously.
- Strenuous physical activity.
- Bending over or lifting heavy things.

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

**語言翻譯及病者支持服務 (LIPS):**

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中

央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

**Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta ( Language, Interpretation and Patient Support Service LIPS):**

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگویج، انٹرنیشنل اینڈپیشنٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

References:

[https://www.entuk.org/sites/default/files/files/2012-2015%20About%20Septal%20Surgery%20\(09005\).pdf](https://www.entuk.org/sites/default/files/files/2012-2015%20About%20Septal%20Surgery%20(09005).pdf) accessed March 2020  
<http://www.danieltweedie.com/turbinate-reduction> accessed March 2020  
<https://www.topdoctors.co.uk/medical-articles/nose-surgery-rhinoplasty-septoplasty-and-turbinoplasty> accessed March 2020  
<https://www.yumpu.com/en/document/read/37739871/septoplasty-turbinoplasty-patient-information-advocare> accessed March 2020

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