WHAT DOES THE NOSE DO?

The nose is a skin-covered structure made out of bone and cartilage. On the outside it is covered with a special mucus membrane. The nose performs an important role in our sense of smell, has a dry mouth and can take it for granted…until we get a cold and have a runny nose. When the nose functions well we often take it for granted until we get a cold and have difficulty breathing. This quickly makes us appreciate what our nose does for us. Poor functioning of the nose can also contribute to nose bleeds, sinus drainage and obstructive sleep apnea.

WHAT ARE THE SEPTUM & ENLARGED TURBINATES?

A septoplasty is a surgical procedure where the septum is straightened. An incision is made into the nose and portions of the bone and cartilage are removed or reshaped. Surgery to reduce the size of the turbinates is often done with a special instrument called a turbinoplasty. The turbinoplasty can help improve nasal breathing even more than a septoplasty alone in certain patients. Turbinate reduction is usually done under a short general anesthetic as an outpatient. Some patients with obstructive sleep apnea may also benefit from having both procedures. A straight septum can benefit from a turbinoplasty in the future.

WHAT IS A SEPTOPLASTY?

A septoplasty is a surgical procedure where the deviated septum is straightened. An incision is made in the nose and portions of bone and cartilage are reshaped. Surgery to straighten the septum can benefit from a turbinoplasty in the future.

WHAT ARE THE RISKS OF SURGERY?

In general, nasal surgery is very safe and done under a short general anesthetic as an outpatient. There are forms to fill out, also a nurse and anesthesiologist see you prior to the procedure. You should be stopped 2 weeks prior to surgery unless your doctor otherwise instructs you. You should have nothing to eat or drink until midnight the night prior to surgery. Please show up at the scheduled time arranged by the surgery center/hospital. There should be an anesthetist on call who can be notified if you are having nausea from the anesthetic. When you have nausea from the anesthetic you should inform your anesthetist. You should avoid driving for 24 hours after surgery. This is called a "moustache" dressing under the nose. This is not to be avoided for 2 weeks. There may be some bleeding after surgery that ranges the surgery. It is important to inform your doctor if there is heavy bleeding that soaks into a gauze dressing. "Stomach" bleeding may occur after the procedure and often packing is in the nose to limit this bleeding. The packing is a soft sponge that is removed a few days later in our office. Patients with packing are given a routine medication schedule to take care of any discomfort. Eating and drinking are not restricted. Very occasionally bleeding after surgery is more severe and requires medical or surgical treatment.

WHAT CAUSES NASAL CONGESTION?

Breathing through the nose can be reduced or blocked for several reasons. If the lining mucous membranes for the nose are red, it results in a loss room for breathing and sinus drainage. This occurs with upper respiratory tract infections, like the flu or cold, and allergies. Nasal breathing can also be compromised due to problems with the bone and cartilage structures in the nose. If the septum or nasal bones are deviated (crooked), it may obstruct airflow, increase the risk of nosebleeds and cause blockage of sinus drains. The turbinates are bony shelves that project into the nasal cavities from the sides. The turbinates become lined with mucus membranes that produce much of our nasal mucus. The turbinates may become enlarged from the humidity and fiber inhaled air before it reaches the lungs. It enlarged they may cause congestion of the nose or Blockage of sinus drains. Treatment.

After surgery:

Most patients can return to work a few days after surgery. You should expect to feel groggy and dizzy right after surgery. If you are given an antibiotic to minimize the chance of infection, you should take it for "moustache" bleeding under the nose. This is not to be avoided for 2 weeks. There may be some bleeding after surgery that ranges the surgery. It is important to inform your doctor if there is heavy bleeding that soaks into a gauze dressing. Treatment.

Before surgery:

We evaluate patients and determine if nasal surgery is appropriate. We offer our patients about any medical disorders or Bleeding problems that would make surgery a poor choice for them. Some patients with hypertension, such as aspirin, plavix or other similar drugs should be stopped 2 weeks prior to surgery unless the doctor otherwise instructs you. You should have nothing to drink or eat until midnight the night prior to surgery. Please show up at the scheduled time arranged by the surgery center/hospital. There should be an anesthetist on call who can be notified if you are having nausea from the anesthetic. When you have nausea from the anesthetic you should inform your anesthetist. You should avoid driving for 24 hours after surgery. This is called a "moustache" dressing under the nose. This is not to be avoided for 2 weeks. There may be some bleeding after surgery that ranges the surgery. It is important to inform your doctor if there is heavy bleeding that soaks into a gauze dressing. "Stomach" bleeding may occur after the procedure and often packing is in the nose to limit this bleeding. The packing is a soft sponge that is removed a few days later in our office. Patients with packing are given a routine medication schedule to take care of any discomfort. Eating and drinking are not restricted. Very occasionally bleeding after surgery is more severe and requires medical or surgical treatment.

SEPTUM

TURBINATES

ORBITETRACT EXPLORER W/MISSING AIR PASSAGES FROM DESECTED HEAD EXPLORED EXPLORER W/MISSING AIR PASSAGES FROM DESECTED HEAD

The amount of improvement in nasal breathing depends upon the severity of the nasal problem prior to surgery, the extent of surgery and your healing ability. This is different for each individual patient and the desired objectives of the surgery should be discussed with your doctor prior to the procedure.

If you have any concerns or problems following surgery, please call our office for assistance. In case of an emergency we are available 24 hours a day 7 days a week. Please call us prior to your surgery.