Deviated Septum Surgery (Septoplasty)

What Is Septoplasty?

Septoplasty is a surgical procedure aimed at correcting a deviated septum, which is a condition where the nasal septum (the cartilage and bone that divides the two nostrils) is crooked or off-centre. This can lead to breathing difficulties, chronic congestion, and other nasal-related issues. Septoplasty aims to improve airflow and alleviate symptoms caused by a deviated septum.

What Does It Involve?

Septoplasty is typically performed using an endoscopic approach, where a thin, flexible tube with a camera (endoscope) is inserted through the nostrils to visualise the nasal passages and the deviated septum. In some cases, an open approach may be necessary, which involves making a small incision on the outside of the nose to access and manipulate the septum.

The surgeon works to straighten the deviated septum by trimming, repositioning, and sometimes removing excess cartilage and bone. This procedure is often performed under general anaesthesia, ensuring the patient's comfort throughout the surgery. The surgeon makes precise adjustments to the septum to improve its alignment and restore proper airflow.

How To Prepare?

Before the surgery, your healthcare provider will provide detailed instructions for preparation. These may include fasting for a specific period before the procedure, arranging for transportation after surgery, and discussing your current medications. It's crucial to inform your healthcare team about any allergies, medical conditions, or medications you are taking.

How Long Does It Take?

The duration of a septoplasty can vary depending on the complexity of the case and whether any additional procedures are performed simultaneously. On average, the surgery takes about 1 to 2 hours. Your healthcare provider can give you a more accurate estimate based on your individual situation.

What Happens After?

After the surgery, you will be taken to a recovery area to awaken from the anaesthesia. It's common to experience nasal congestion, mild pain, and swelling in the days following the procedure. Pain medication and specific aftercare instructions will be provided by your healthcare provider. You may need to wear a nasal splint or packing for a few days to support the healing process.

Full recovery typically takes a few weeks, during which time you should avoid strenuous physical activities and follow post-operative guidelines provided by your healthcare team. It's important to attend follow-up appointments to monitor your progress and address any concerns that may arise during your recovery.