Nasal Blockage Surgery

What Is Nasal Blockage Surgery?

Nasal blockage surgery, also known as nasal airway surgery or septal surgery, is a medical procedure designed to address chronic nasal obstruction. This condition can result from various factors such as deviated nasal septum, enlarged turbinates (structures inside the nose), nasal polyps, or other structural abnormalities. The surgery aims to improve nasal airflow, alleviate breathing difficulties, and enhance overall quality of life.

What Are The Surgical Approaches?

Nasal blockage surgery encompasses various surgical approaches depending on the underlying cause of the obstruction:

1. **Septoplasty:** This procedure focuses on correcting a deviated nasal septum, which is the partition that separates the nostrils. A deviated septum can restrict airflow and cause congestion.
2. **Turbinoplasty:** Turbinates are structures inside the nose that help humidify and filter the air. Enlarged turbinates can lead to blockage. Turbinoplasty involves reducing the size of the turbinates to improve airflow.
3. **Functional Endoscopic Sinus Surgery (FESS):** FESS is used to treat nasal polyps, chronic sinusitis, and other sinus-related issues. It involves using an endoscope to access and remove obstructions, allowing for improved sinus drainage.

What Does It Involve?

Nasal blockage surgery is typically performed under general anaesthesia or local anaesthesia with sedation. The surgeon selects the appropriate approach based on the diagnosis. For septoplasty and turbinoplasty, incisions are made inside the nose, minimising external scarring. During FESS, an endoscope is used to visualise and remove obstructions within the nasal passages and sinuses.

How To Prepare?

Preparation for nasal blockage surgery involves discussing your medical history, current medications, and allergies with your healthcare provider. You might need to fast for a specific period before the procedure, as directed by your healthcare team.

How long does it take? The duration of nasal blockage surgery varies based on the complexity of the case and the specific approach chosen. On average, the surgery typically takes around 1 to 2 hours.

What Happens After?

After the surgery, you will be monitored as you awaken from anaesthesia. You might experience some temporary nasal congestion, discomfort, or mild pain, which can usually be managed with pain relief medication. Nasal packing or splints may be used to support healing, especially after septoplasty or turbinoplasty.

Recovery times vary depending on the procedure performed. Most patients can return home the same day of

the surgery. You'll need to avoid activities that could disrupt healing, such as vigorous exercise, and follow post-operative care instructions closely.

Full recovery might take several weeks, during which time you'll gradually experience improved nasal breathing and reduced congestion. Attend follow-up appointments to monitor your progress and address any concerns that may arise during your recovery.