

# Nasal Septum Surgery (Septoplasty)

## What Is Nasal Septum Surgery?

Nasal septum surgery is a procedure that corrects a deviated septum, which is when the wall between your nostrils is off-centre or crooked. This can cause breathing difficulties and a blocked nose. By straightening the septum, the surgery aims to improve your breathing and overall comfort. At Birmingham Head and Neck Clinic, we use modern, minimally invasive techniques to ensure you have a safe and effective treatment experience.

## Why Might You Need Nasal Septum Surgery?

You might need nasal septum surgery if you experience persistent nasal blockage or discomfort due to a deviated septum. Many patients notice symptoms such as difficulty breathing through one or both nostrils, frequent sinus infections, or a tendency to suffer from nosebleeds. If these issues affect your quality of life, your ENT specialist may recommend a consultation to discuss whether this surgery could help improve your breathing and relieve your symptoms.

Common signs that may indicate a deviated septum include:

- Chronic nasal blockage
- Difficulty breathing through the nose
- Frequent sinus infections
- Recurrent nosebleeds
- Noisy breathing, especially during sleep

## What To Expect During The Procedure

Before your surgery, you will have a thorough consultation with your ENT specialist. They will examine your nose, discuss your symptoms, and explain the details of the procedure in clear terms so you understand every step of the process.

On the day of your surgery, you can expect the following:

- You will be given general anaesthesia to ensure you are comfortable throughout the procedure

- A small camera (endoscope) may be used to provide a clear view of your nasal passages
- Your surgeon will make tiny incisions inside your nose to access the deviated septum
- The crooked part of the septum is carefully repositioned or removed
- Specialised instruments help to smooth the remaining tissue for better airflow
- The surgery is performed through your natural nasal openings, meaning there are no visible external scars

## Aftercare And Recovery

After your nasal septum surgery, you will be given clear instructions on how to care for your nose during recovery. Taking proper care after surgery is very important to ensure a smooth healing process and to achieve the best possible result.

### **You may be advised to:**

- Use a saline nasal spray regularly to keep your nasal passages clear and moist
- Avoid blowing your nose for several days to prevent irritation
- Take any prescribed pain relief medication to stay comfortable
- Rest and avoid strenuous activities during the initial recovery period
- Attend follow-up appointments so your ENT specialist can monitor your progress

Most patients notice improved breathing and less nasal blockage as the swelling reduces over the first few weeks. Although complete recovery may take several weeks, many patients find that they are able to resume normal activities soon after the surgery.

## Benefits Of Nasal Septum Surgery

Nasal septum surgery not only helps to improve your breathing but can also have a positive impact on your overall quality of life. When your nasal passages are clear, you may experience fewer sinus infections and less

discomfort. Many patients report a noticeable improvement in sleep quality and a reduction in headaches after the surgery. With a successful procedure, you can enjoy easier breathing and a more active lifestyle.

## Why Choose Birmingham Head And Neck Clinic?

At Birmingham Head and Neck Clinic, you benefit from a team of experienced specialists who are dedicated to providing high-quality, personalised care. We use the latest techniques and equipment to perform nasal septum surgery safely and effectively. Our friendly team ensures that you are fully informed about your treatment and supported throughout your recovery journey.

## Contact Us

If you're experiencing a blocked nose or other symptoms from a deviated septum, contact us today. Our team is here to help you understand your options and guide you through treatment. Get in touch with Birmingham Head and Neck Clinic to book your consultation and start breathing easier.