

# Nose Surgery To Reshape Or Improve Breathing (Septorhinoplasty)

## What Is Nose Surgery To Reshape Or Improve Breathing (Septorhinoplasty)?

Nose surgery to reshape or improve breathing, also known as **septorhinoplasty**, is a procedure that corrects the shape of your nose while also improving airflow. This surgery is performed to fix structural problems inside your nose, such as a deviated septum, and to improve the overall appearance of your nose if needed. Many people have this surgery to make breathing easier, correct nasal injuries, or enhance the look of their nose. At Birmingham Head and Neck Clinic, we use modern techniques to ensure safe and effective treatment tailored to your needs.

## Why Might You Need Nose Surgery?

You may need septorhinoplasty if you experience breathing difficulties due to nasal blockages or if you are unhappy with the shape of your nose. Common reasons include:

- A blocked nose that makes breathing difficult, especially on one side
- A deviated septum (the wall between your nostrils is crooked)
- Frequent sinus infections due to poor airflow
- Snoring or sleep disturbances caused by nasal obstruction
- A nose that appears crooked or misshapen after an injury
- A bump or asymmetry that affects the appearance of your nose

If these issues are affecting your quality of life, nose surgery may be the right solution for you. Your ENT specialist will assess your condition and discuss whether septorhinoplasty can help.

## What To Expect During The Procedure

Before your surgery, you will have a consultation with your ENT specialist who will examine your nose and discuss your goals for treatment. You will also have the opportunity to ask any questions about the procedure

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

- You will receive general anaesthesia to keep you comfortable throughout the procedure
- The surgeon will make small incisions inside your nose to correct any structural problems
- If necessary, cartilage or bone may be adjusted or reshaped to improve airflow and appearance
- The nasal septum will be straightened to help you breathe more easily
- If you are having cosmetic changes, the external shape of your nose will be carefully refined

- The procedure is performed with precision to ensure a natural-looking and functional result

Your surgeon will take great care to improve both the function and appearance of your nose while preserving its natural structure.

## Aftercare And Recovery

After your nose surgery, you will be given clear aftercare instructions to help your nose heal properly and reduce any discomfort. Swelling and bruising are normal in the first few weeks, but these symptoms gradually improve

You may be advised to:

- Keep your head elevated to reduce swelling
- Avoid strenuous activities for a few weeks
- Refrain from blowing your nose to allow healing
- Use a saline nasal spray to keep your nasal passages moist
- Take prescribed medications to manage any discomfort
- Attend follow-up appointments so your recovery can be monitored

Most patients see noticeable improvements in breathing and nasal shape as swelling reduces over the first few months. Full healing can take time, but the results are long-lasting and can greatly enhance both function and appearance.

## Benefits Of Nose Surgery To Reshape Or Improve Breathing

Septorhinoplasty offers several benefits, making it a highly effective treatment for both breathing difficulties and cosmetic concerns. Patients who undergo this surgery may experience:

- Easier breathing with improved airflow through the nose
- Fewer sinus infections and nasal congestion
- Reduced snoring and better sleep quality
- A more symmetrical and balanced nose shape
- Increased confidence in their appearance

These improvements can enhance your daily life and overall well-being, helping you feel more comfortable and breathe more easily.

## Why Choose Birmingham Head And Neck Clinic?

At Birmingham Head and Neck Clinic, you will be cared for by experienced ENT specialists who use advanced surgical techniques to achieve the best possible results. We are committed to providing personalised care, ensuring that your surgery is tailored to your unique needs. Whether you are seeking functional improvements, cosmetic changes, or both, our team will guide you through every step of your treatment with expert advice and support.

## Contact Us

If you have breathing difficulties, nasal blockages, or concerns about the shape of your nose, nose surgery to reshape or improve breathing may be the right option for you. Contact Birmingham Head and Neck Clinic today to book a consultation and take the first step towards better breathing and greater confidence in your appearance.