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اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
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Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Septoplasty

## Ear, Nose and Throat Department



## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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# **Septoplasty**

## **Why is the operation being done?**

To improve your nasal airway by straightening the partition between your nostrils.

## **What will happen in the operation?**

The operation will be done from inside your nose, with no external scars.

You may notice some small sutures just inside the nose which will dissolve in due course. You may have some light packing inside your nose when you wake up, this will be removed before you go home.

## **Will my breathing improve immediately?**

Probably, but there will be some swelling inside your nose which will take a few days to subside.

## **What are the possible complications?**

These are rare but you may develop some bleeding or an infection with increasing pain, discharge and possibly a fever. This could ultimately cause loss of the remaining cartilage and either a hole in

the nasal septum or change in shape with loss of support of the nose – all of these are most unlikely. Occasionally the nerve supply to the upper 2 front teeth is disrupted, which can cause numbness, discolouration or (extremely rarely) loss of these teeth.

### **What medication will I need?**

Your surgeon may prescribe some painkillers and possibly a decongestant spray. If you normally use an intranasal steroid spray he / she will advise you on when to restart it.

### **How long should I stay off work?**

You will need 10-14 days to recover; we can issue an employment sick note for you for up to 14 days. Try to avoid people with coughs and colds and cigarette smoke while you are recovering.

### **Can I exercise straight away?**

It is best to avoid heavy manual work, lifting and strenuous exercise for the first 14 days as this may lead to bleeding.

### **Any further worries?**

If you are concerned after the procedure, then please consult your GP, the ward you were admitted or in an emergency the A&E department at the **Royal Surrey County Hospital**, Guildford (not St. Peter's or Ashford Hospitals), where we have on call Ear, Nose and Throat (ENT) staff 24 hours a day.

Day Ward, St. Peter's Hospital: **01932 722770**

Day Ward, Ashford Hospital: **01784 884127**

Royal Surrey County Hospital: **01483 571122**

Further information: <https://www.entuk.org/patient-information-leaflets-1>

### **Consultants and Specialists**

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