EXHALE SINUS
TMJ | HEADACHE | SLEEP

814 E. Woodfield Rd.
Schaumburg, IL 60173
Tel: 773-234-5880
Fax: 708-273-5332
info@exhalesinus.com

Septoplasty

Our nose is divided in half by a structure called the septum. This is built from cartilage and bone. When the septum is off to one side or the other, we call this a deviated nasal septum. This can be associated with how the nose looks from the outside, but most often, there is not a direct correlation from the outward appearance and the shape of the septum.

A straight septum functions to provide a smooth wall allowing nasal airflow to gently enter the lungs. This becomes disrupted from a deviated nasal septum and can result in symptoms of nasal congestion, blockage, nose bleeds, excessive nasal crusting and possibly even recurring infections. A deviated nasal septum can also make it difficult for you to get nasal medications or irrigations inside.

We often don't know why your septum is deviated. It can happen from trauma (car accident, running into a wall, etc.), but the cause of the deviated septum does not often have an impact on the decision for treatment.

During a septoplasty, we will use instruments that allow us to reposition the cartilage into the middle. Sometimes this can be done with a gentle balloon that is inflated next to the deviated portion, sometimes this requires we make a small incision inside your nose. In both cases, the goal is to replace the cartilage back into the middle. Sometimes the bone has become deviated or overgrown and this can also be fixed at the time of the septoplasty as well.

Following a septoplasty operation, we make sure everything is stabilized. This can often be done with sutures, however sometimes we have to place a stabilizing splint. The presence of this splint is uncomfortable and often patients want pain medications to help tolerate this. Fortunately, 99% of the time,the splints can be removed the next day.

Septoplasty is a very safe and common procedure. However rare complications that can occur following septoplasty include persistent nasal airway obstruction from other sources, regrowth or re-deviation of the septum, decreased sense of smell, clotted blood in the nasal space which would require drainage, temporary numbness in the upper lip or teeth, a change in the shape of your nose, formation of a hole in the septum (septal perforation), excessive bleeding, or scar formation inside the nose.

For after care following a septoplasty, please see our Septoplasty Post op handout.