



EXHALE SINUS

TMJ | HEADACHE | SLEEP

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J-Flap repair of Nasal Vestibular Stenosis

The nasal valve is the region of the nose that is accessible by placing a finger inside your nostril. The outer wall (lateral wall) has cartilage that provides structure and shape to this area. When this region of your nose is obstructed, it can result in symptoms of nasal congestion, blockage, nose bleeds, excessive nasal crusting and possibly even recurring infections.

During a J-flap repair of nasal vestibular stenosis, a small incision is made inside your nostril that allows access to the cartilage called lower lateral cartilage. Using careful dissection, the lower lateral cartilage is released and repositioned to allow mobility of the tissue in a forward direction. Excess tissue is trimmed and then the incision is closed with a few stitches. This process can slightly change the external appearance of your nose by smoothing any depression that is present on the side of your nose. This is like pulling the bed sheets tight to take out the wrinkles and folds.

Following a J-flap repair of nasal vestibular stenosis, we make sure everything is stabilized. This may require placement of a splint. Typically, this can be removed the next day, however about 1% of the time we need to keep this in place for 7-10 days. The presence of this splint is uncomfortable and often patients want pain medications to help tolerate this. You may then be asked to keep a nasal dilator in place to help decrease swelling and promote the desired internal shape.

J-flap repair of nasal vestibular stenosis is a very safe procedure. However rare complications that can occur following J-flap repair of nasal vestibular stenosis that include infection, persistent nasal airway obstruction from other sources, a change in the shape of your nose that you do not find cosmetically appealing, excessive bleeding, or scar formation inside the nose.

For after care following a J-flap repair of nasal vestibular stenosis, please see our J-flap repair of nasal vestibular stenosis Post op handout.