

ENT Surgery –Septoplasty/Septorhinoplasty

Introduction

This document is for people who have been seen and assessed by the ENT team in Herefordshire as needing a Septoplasty or Septorhinoplasty (operation to straighten the nose and partition between two nostrils). You will have already been seen by a doctor and your name added to the waiting list.

The Covid pandemic has had a significant impact on the ability of the NHS to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Guidance for Patients

Septoplasty and Septorhinoplasty is performed for blocked nose symptoms. You may have to wait longer than usual at present. If you are struggling with the blocked nose symptoms, please contact your GP for a prescription for nasal steroid sprays, to help alleviate your symptoms and do twice a day saline nasal douching with saline spray bought from any pharmacy.

What should I do if my health is deteriorating?

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

GP surgeries are still open

If you experience an increase in pain, you should in the first instance contact your General Practitioner for review and advice.

My Planned Care Patient Information Platform

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic. GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.