

## EAR, NOSE and THROAT (ENT) – Septoplasty of Nose

### Introduction

The Covid pandemic has had a significant impact on the NHS ability 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 can support yourself while waiting to attend the hospital. The guidance has been in consultation with clinicians who are responsible for your care.

### Guidance for Patients

Otolaryngologists (commonly referred to as ENT surgeons) deal with the diagnosis, evaluation and management of diseases of head and neck and principally the ears, nose and throat. Septoplasty is an operation on the partition inside your nose made of cartilage and bone, which separates your two nostrils. It is usually performed to relieve symptoms of nasal blockage.

While you are waiting for your septoplasty you can use nasal decongestants and sprays in moderation as they will shrink the lining of the nose and may help to relieve the blocked feeling. However, using decongestants for more than 10 days is dangerous and the nose can swell up even more, so be careful and seek the advice of your GP or pharmacist if you are not sure.

It is important to stay as healthy as you can both physically and mentally while you wait for your surgery. That will help you get the best results in the long term. If you have any long-standing conditions such as high blood pressure you should get this regularly reviewed at your GP surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment. Maintaining a well-balanced diet is also important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker or drink heavily, it would be advisable to seek support to help with stopping.

The NHS website has lots of tools and support to help with the above, all of which are good for your health generally, but if you are due to have an operation, they can also help you to recover more quickly from it.

For help and support with losing weight visit: [www.nhs.uk/better-health/lose-weight/](http://www.nhs.uk/better-health/lose-weight/)

For advice on eating well visit: [www.nhs.uk/live-well/eat-well/](http://www.nhs.uk/live-well/eat-well/)

For help and support with getting or keeping active visit: [www.nhs.uk/better-health/get-active/](http://www.nhs.uk/better-health/get-active/)

For help and support with quitting smoking visit: [www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/)

For help and support with drinking less alcohol visit: [www.nhs.uk/better-health/drink-less/](http://www.nhs.uk/better-health/drink-less/)

# My Planned Care Patient Information Platform

## 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](http://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.

### Contact Us

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