

My Planned Care Patient Information Platform

ENT - Septoplasty

Introduction

Septoplasty means operating on the inside of the nose to straighten the partition dividing it into two halves. The operation might also include reducing the size of the fleshy folds inside called turbinates. Sometimes sponges are put in the nose to stop bleeding. The operation is safe, and the risks are very low. Risks can include pain, bleeding, infection, change in the nose shape, teeth numbness and a hole across the septum.

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.

Guidance for Patients

Whilst awaiting septoplasty surgery you may experience ongoing nasal blockage which may come and go or be persistent.

Twice daily nasal rinsing whilst you are waiting is known to improve breathing. To administer this the NeilMed Sinus rinse bottle is recommended. The Neilmed sinus rinse bottle can be bought online or purchased at your local high street chemist. A video of how to use this can be found here: <https://youtu.be/GW2PiOFhFtY/>

While NeilMed sachets are recommended, the following formulation is also effective:

- Pint of water - boiled and cooled
- Teaspoon salt
- Teaspoon bicarbonate

Nasal steroids sprays can then be used after the nose is cleaned. Surgery is aimed at improving breathing but will not cure allergies.

Pain relief medications such as over the counter paracetamol and ibuprofen can be used.

Would you consider the opportunity to have your surgery at another local hospital at an earlier date?

Whilst awaiting surgery at the hospital you were originally seen, there may be an opportunity to have your surgery at an earlier date at another hospital within North East London under the care of another ENT Consultant surgeon. If you would like to go ahead with this option, please let the bookings team know so that they can make the alternative arrangements.

Change in symptoms

If your symptoms change or get worse whilst you are waiting for your appointment or procedure, you should contact your GP or [NHS 111](#) for advice.

How to prepare

There are many steps you can take to better prepare for your procedure:

- **Stop smoking** to improve your body's ability to heal and to improve your lung function. Guidance on the support available to help you stop smoking [can be found on the NICE website](#).
- **Exercise more and eat a healthy diet** to help your body manage the demands of surgery and aid recovery. For tips on helping you to start healthier eating habits, be more active and start losing weight, [download the free NHS Weight Loss Plan](#).
- **Reduce your alcohol intake**. Ensure you are drinking within (or preferably below) the recommended limits. This will improve your ability to heal after surgery.
- **Take care of your mental health** by preparing yourself for your procedure and recovery, to help reduce anxiety and stress.

Links to further information on living well and being better prepared for your surgery are available here:

- ENT UK is the professional body representing Ear, Nose and Throat surgery. Their website has patient information on a range of common ENT Conditions and Procedures.
<http://www.entuk.org/>
- The Royal College of Anaesthetics has developed a set of 'Fitter Better Sooner' resources that will provide you with the information you need to become fitter and better prepared for your operation. [Royal College of Anaesthetics](#)
- The NHS live well web page, which provides general advice, tips and tools on health and wellbeing.
<https://www.nhs.uk/live-well/>