

SEPTOPLASTY PROCEDURE:

*The Best Treatment for a
Deviated Septum and Sinusitis*

MEDICAL INFORMATION DISCLAIMER:

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INTRODUCTION

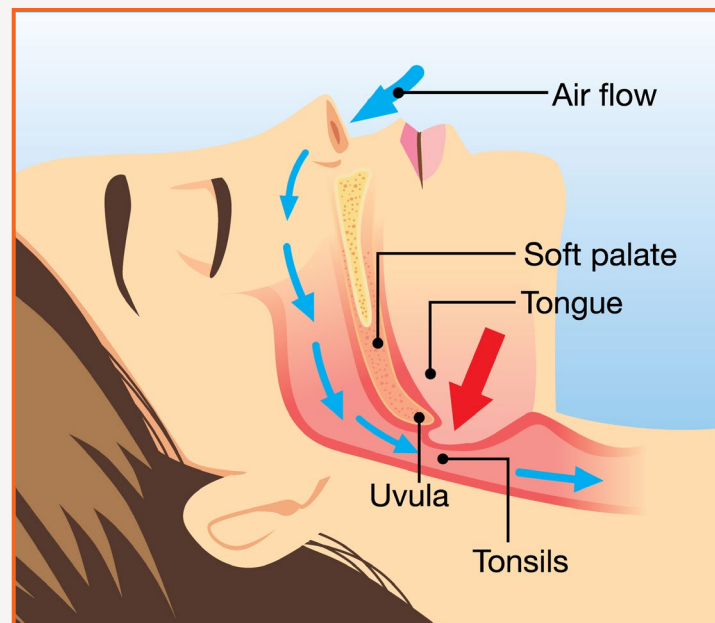
People who suffer from chronic nasal congestion, snoring, nose injuries, or a deviated septum often find relief from a septoplasty procedure. The goal of this surgery is to reposition and repair the nasal septum, a small structure inside of the nose that separates the left and right nostrils. Septoplasty is extremely effective because it can improve your quality of life by helping you breathe easier.



ABOUT THE SEPTUM

The septum is located deep inside of the nose; it cannot be seen by looking in the mirror. It is approximately 2mm thick, is made of five bones and hyaline cartilage, and separates the left and right sides of the nasal airways. This combination of structures is what forms the internal portions of the two nostrils.

While the septum is small, its function is extremely important in allowing air to flow freely inside of the nose for optimal inhaling and exhaling. Any deviation in this straight nasal structure can result in an airway obstruction. When air flow is obstructed, many health-related conditions can result such as snoring, sleep apnea, and chronic sinus infections.



SNORING AND SINUS PROBLEMS are the most common side effect of a deviated septum.

NOSE TRAUMA is the #1 reason why a deviated septum occurs, but many people are born with a deviated one genetically.

CHRONIC SNORING

Most people believe that snoring is a genetic trait, and that there's nothing they can do about it. While it is true that snoring may often be inherited, there are issues happening inside of the soft palate and nose that explain why it happens.



Snoring is caused by a blockage of air flow in the upper part of one or both sides of the nose or in the back of the throat. The result of this obstruction is a loud vibration sound coming out of the mouth and/or nose.

Potential causes of chronic snoring include:

- Weight gain
- Alcohol consumption
- Exhaustion
- Sleeping on the back
- Age
- Deviated septum

MANY OF THESE CAUSES CAN BE CONTROLLED. *Losing weight, limiting alcoholic drinks, getting at least 7 hours of sleep each night, and changing sleeping position are all ways to relieve snoring.*

However, a deviated septum cannot be relieved through lifestyle changes; it can only be treated with a septoplasty repair. To find out if this procedure can help you with chronic snoring, you will need to have a ear, nose, and throat (ENT) doctor conduct a thorough physical examination.

If you have a deviated septum, your ENT specialist is likely to recommend a septoplasty surgery to help you regain full use of your nasal airway.

Refer to the section in this eBook on *What is a Deviated Septum* for more information.

NOSE INJURIES

Nose injuries can occur as a result of any type of trauma to the face. Patients often report that their injury initially resulted in swelling, pain, and a crooked appearance to the outside of the nose.

The most common facial traumas are usually caused by:

- Sports injuries
- Physical altercations
- Accidents
- Falls



Not all situations in which the nose has been traumatized warrant an emergency visit to the hospital. The nose is a strong part of the body that can endure a lot, but that doesn't mean that injuries should be ignored.

When a nose injury occurs, symptoms usually include:

- Tenderness
- Swelling
- Bruising around the nose or eyes
- Crooked appearance
- Nosebleeds
- Crackling or crunching feeling when moving the nose
- Pain when inhaling and exhaling
- Difficulty breathing in and out of the nose

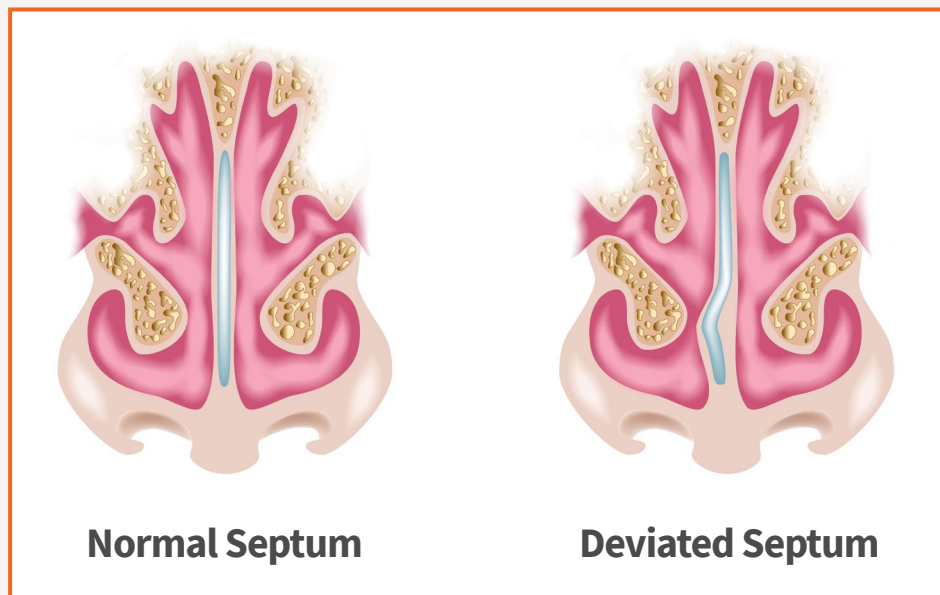
If the pain is unbearable or there are obvious signs of breakage such as excessive bleeding or a crooked appearance,
SEEK MEDICAL ATTENTION IMMEDIATELY.

A doctor will inspect the outside and inside of the nose with a speculum and/or scope. An x-ray or CT scan may be recommended to identify a break or fracture in the nasal bones. Directly after a trauma, the nose may continue to bleed, and if so, soft gauze or a cotton ball may be placed inside the nose and removed in a couple of days.

A broken or injured nose may cause long-term problems. Follow-up appointments with an ENT specialist are a good idea. Nose trauma can damage the septum causing it to deviate to one side or the other, making it difficult to breathe through one or both nostrils. If you are diagnosed with a deviated septum, you may need to be treated with a septoplasty.

WHAT IS A DEVIATED SEPTUM?

A normal septum is positioned in the middle of the nose providing equal airway space on either side. In the case of a deviated septum, this structure does not run down the center of the nose; it deviates off to one side or the other.



When the airways are not fully open, a person may experience breathing issues that interfere with daily life. Specifically, exercising and sleeping are two times when someone will notice they are having a difficult time getting enough air in and out of the nostrils.

PEOPLE WITH A DEVIATED SEPTUM *may not know they have the condition until they seek help from an (ENT) specialist for the following issues.*

In severe cases, one side of the nostril can be completely blocked because the deviated septum may touch the outside nasal wall, making it nearly impossible to breathe through that nostril. This condition can cause excessive dryness in the nasal passages, leading to nosebleeds.

DEVIATED SEPTUM SYMPTOMS



Symptoms include:

- Chronic snoring
- History of nose injury
- Breathing through the mouth
- One side of the nose is swollen
- Chronic dryness or nosebleeds
- Not feeling rested after a full night's sleep
- Obstruction moves from one side to the other
- Facial pain due to the deviation pushing on the nasal wall
- Sleeping on one particular side because it's easier to breathe
- Chronic or recurrent sinus problems

CHRONIC SINUS INFECTIONS

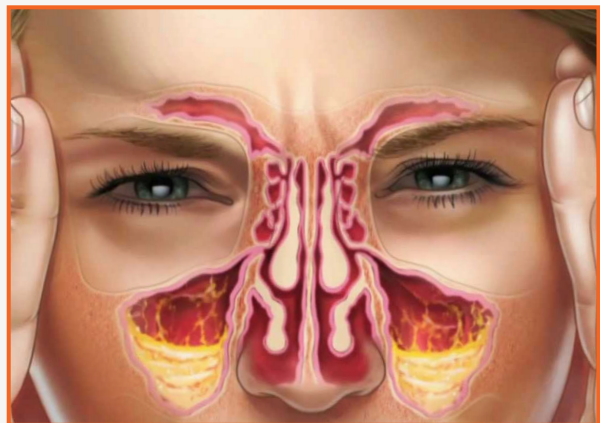
A serious symptom of a deviated septum is recurrent sinus infections (sinusitis). These infections are caused by bacteria collecting in the sinuses due to an obstruction in one of the nasal airways. Because the septum's position is off to one side, the nose cannot clear itself of nasal mucus, resulting in bacteria growing rapidly inside the sinus.

Antibiotics can be taken to treat these infections, but they should not be used on a continuous basis. If these medications are taken regularly, bacteria in the nose can become immune to it and infections can become untreatable.

IT IS ALSO IMPORTANT TO NOTE *that untreated sinusitis is a serious situation because severe infections can spread from the sinuses into surrounding areas.*

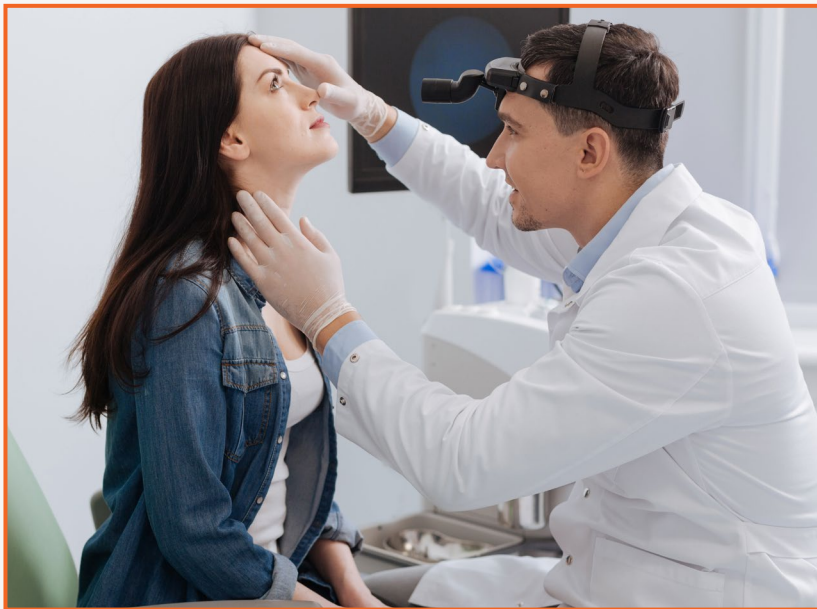
If an infection spreads to the eyes, for example, it can lead to reduced vision or blindness in severe cases. This condition requires an emergency room visit to have antibiotics administered intravenously.

An infection in the sinuses that spreads to the brain can lead to life-threatening conditions such as an abscess or even bacterial meningitis, a situation that causes brain swelling and seizures. The only way to treat these conditions is through IV antibiotics and corticosteroids.



WHY SEE AN EAR, NOSE, AND THROAT SPECIALIST?

ENT doctors have had specialized training in diagnosing and treating conditions in the ears, nose, and throat. They are qualified to perform surgical and non-surgical procedures to treat mild to severe issues in these three areas.



During an ENT appointment, your doctor will look inside of your nose using a bright light and a speculum. The speculum will help to spread your nostrils apart so that your doctor can see the inside of your nose (including the septum).

If the speculum does not provide enough of a view, your doctor may need to use a lighted scope to look farther back into the nose or throat.

Your doctor may apply a decongestant solution to the inside of the nose and then re-examine you. This is especially true if either side of the nose is too swollen – in some cases, the obstruction could be due to a cause other than a septal deviation, such as allergies.

If the doctor concludes that you have a deviated septum, a septoplasty may be recommended to restore proper airflow.

DEVIATED SEPTUM SURGERY

A septoplasty can help you breathe easier because it clears an obstruction in the left or right side of the nostrils. This can reduce sinus pressure and pain, and it can also relieve chronic snoring.

A septoplasty is performed by an ENT surgeon, or otolaryngologist. During this procedure, the surgeon repositions the septum to the center of the nose and assures that it is straight. In some cases, certain parts of the nasal septum may need to be repositioned to fully restore its function.

BEFORE SURGERY, *your doctor will conduct a thorough examination and review your medical history to conclude if you are a candidate.*

A septoplasty can be combined with a rhinoplasty (aka nose job) which can also provide much-needed cosmetic benefits, as it can straighten out the nose and improve a person's self-image. Before and after photos can provide patients with verification that a crooked appearance has been fixed.

During the pre-operative appointment, your specialist will discuss pre-op and post-op expectations with you. The benefits of the surgery outweigh the risks for most patients.

Possible rare risks include:

- Recurrence of symptoms
- Nosebleeds
- Change in nose appearance (if combined with rhinoplasty)
- Septal perforation
- Septal hematoma (blood clot)
- Temporary numbness in the mouth



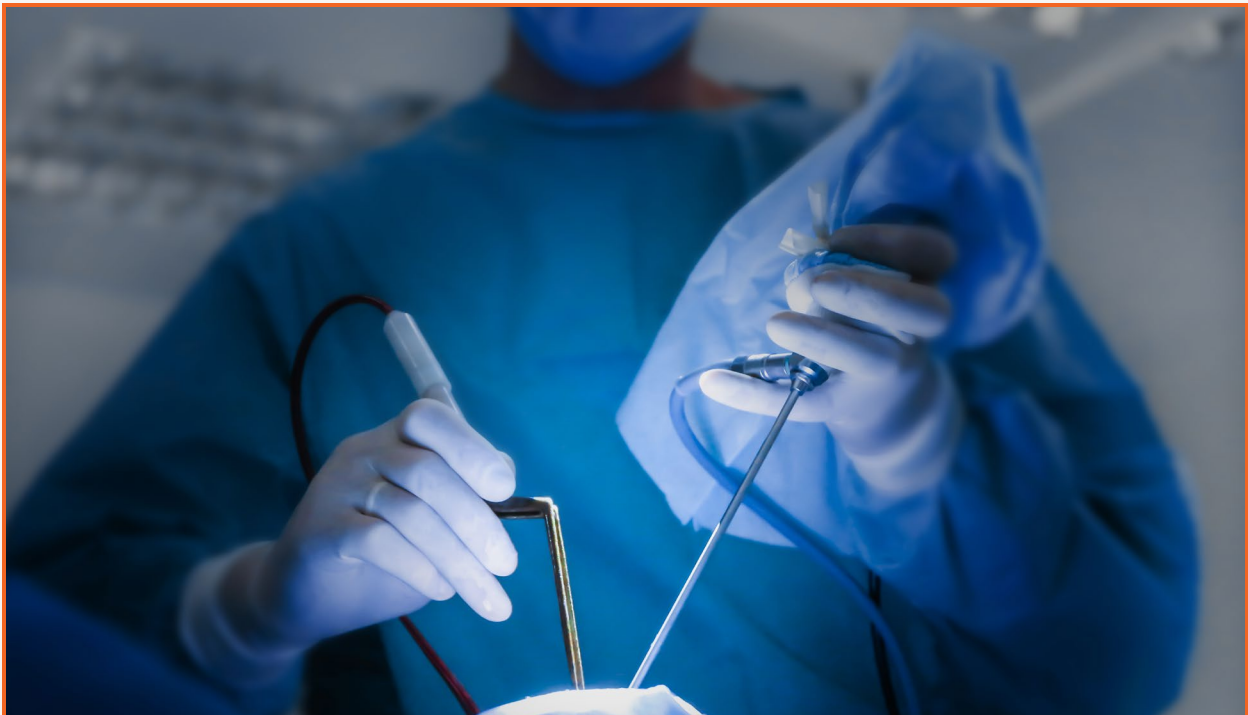
Additional surgeries may be needed to treat these complications. Refer to the end of this eBook for more information on the safety measures that C/V ENT Surgical Group takes to lower these risks.

WHAT TO EXPECT DURING AND AFTER THE PROCEDURE

DURING THE PROCEDURE

An anesthesiologist will use general anesthesia to make sure that you are comfortably asleep during surgery. Local anesthetic is injected into the nose to numb the area so that when you wake up after surgery, pain will be manageable.

Some mild cases of septoplasty repair are performed while patients are awake in the office under local anesthesia only.



For complex cases, most surgeons prefer general anesthesia so that patients are unconscious during surgery. General anesthesia is advantageous for longer procedures where greater tissue and bone repair are required.

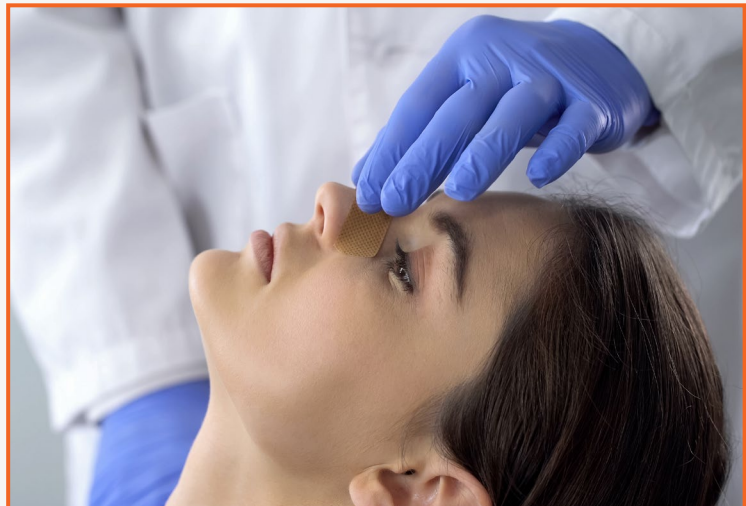
When the patient is either numbed/sedated or unconscious, the surgeon will skillfully work to reposition and straighten the nasal septum. Incisions to the septum are closed with dissolvable/absorbable sutures that do not need to be removed at a later time.

In some cases, silicone splints may be placed inside of the nostrils to stabilize and hold the nasal septum in its new position. Sterile absorbent gauze may also be secured outside of the nostrils to catch blood and nasal discharge.

You will likely be prescribed a small amount of prescription pain medication to keep you comfortable for several days to one week after surgery. After the first week, discomfort should be minimal.

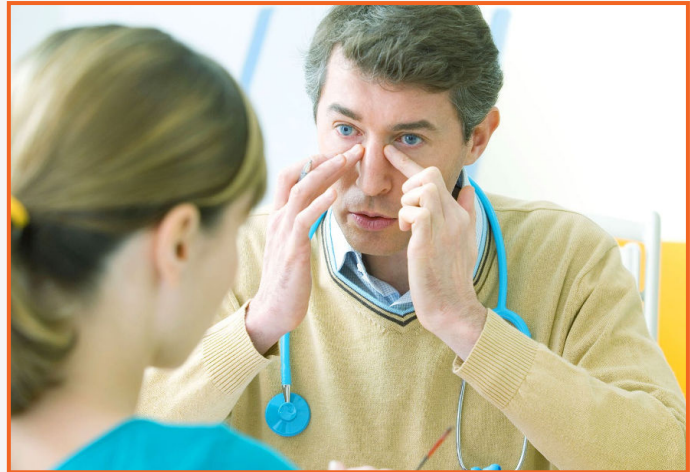
AFTER THE PROCEDURE

You will not be able to engage in strenuous activities, blow your nose, or sleep lying flat until cleared to do so by your doctor. At all follow-up appointments, your nose will be inspected for signs of infection and to assess your recovery progress.



CONTACT AN ENT SPECIALIST

C/V ENT Surgical Group has a team of deviated septum experts that skillfully and effectively perform septoplasty surgery in just 30 to 60 minutes. This is done as an outpatient procedure, which reduces your costs by avoiding the expense of having it done at the hospital.



WHAT SETS OUR OTOLARYNGOLOGISTS APART

What sets C/V ENT Surgical Group otolaryngologists apart from the rest is that they combine septoplasty with a submucous resection (SMR) of the turbinates and often a nasal valve repair (NVR), when necessary, to completely address all the issues leading to your nasal obstruction or sinus issues.

This addition of the NVR lowers the risks of:

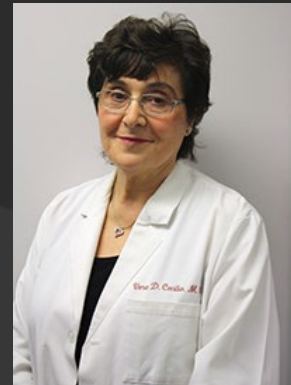
- Needing revision surgery
- Scar tissue formation
- Recurrence of septum deviation

Surgical cosmetic changes to the exterior of the nose are also an option during septoplasty. This additional procedure, called a rhinoplasty, can significantly change the nose's appearance, making it narrower, wider, longer, or shorter.

If you desire cosmetic changes, these can be discussed during your consultation appointment. Please be aware that cosmetic rhinoplasty is not covered by insurance; however, a septoplasty repair usually is covered by most insurances.

ABOUT C/V ENT SURGICAL GROUP

At C/V ENT Surgical Group, we take pleasure in providing unparalleled care to all our patients. Our team of ENT specialists and surgeons are highly skilled, experienced, and qualified to carry out various treatments and procedures to help patients with these conditions. Each of our physicians specializes in various aspects, including ear, nose and throat disorders, making them one of LA's finest specialists. Using our cutting-edge technology and equipment, we treat our patients with the expertise and compassion they deserve. Contact us today for a consultation with one of our ENT specialists.



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