



Manchester University
NHS Foundation Trust

Royal Manchester Children's Hospital

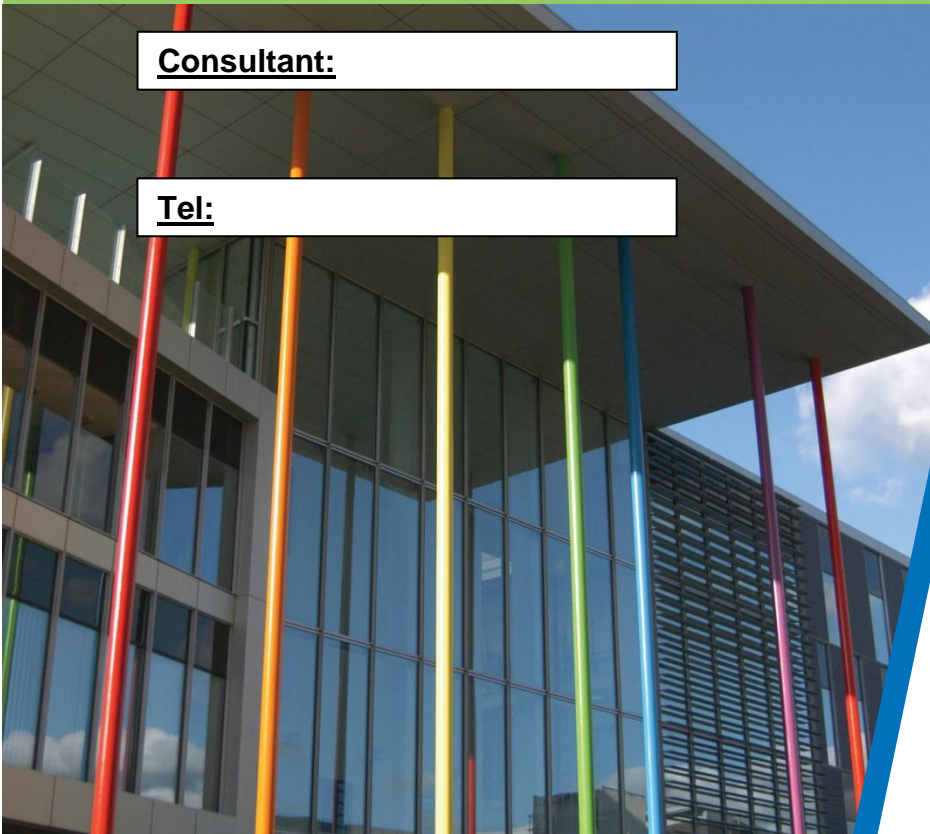
Paediatric Otorhinolaryngology (ENT)

Septoplasty

Information for Parents, Carers and Patients

Consultant:

Tel:





What is the nasal septum?

The nasal septum is a structure which divides the nose into two sides i.e. right and left. It is made up of cartilage at the front and bone further back. It is covered by a lining called the mucosa (somewhat similar to the lining of your inner cheek). By and large, the septum sits centrally, although it is rarely perfectly straight in anyone

What is a septoplasty?

A septoplasty refers to surgery to straighten or fix the septum. There are number of reasons why your child's septum might be bent or deviated This may be a bend present from birth (congenital) or possibly following a fall or some other form of trauma.

Why might my child need a septoplasty?

Your child may be offered a septoplasty if the bent septum is causing them difficulties breathing through their nose. This may be associated with other symptoms such as mouth breathing and snoring. A bent septum can sometimes also be associated with a change in the shape of your child's nose. However, if your child has no difficulties breathing and the concern is primarily with the look of their nose, a septoplasty is not routinely offered in childhood. This is because of the ongoing facial development in children. If the issues is purely cosmetic, the surgery is often deferred until the child is older and their face has matured.

What will happen on the day of the procedure?

Information about how to prepare your child for their operation will be included in their admission letter. It is important to follow these instructions. Failure to do so may result in the procedure being delayed or cancelled.

Your surgeon will speak to you again on the day of surgery to once again





go through the procedure, risks and complications with you and to answer any questions you may have following your clinic/ward review. As the septoplasty is performed under a general anaesthetic, your child will also be reviewed by an anaesthetist on the day of surgery. They will be able to answer any questions you may have relating to the general anaesthetic.

Once your child is asleep, the procedure takes approximately 1 hour. The entire procedure is done internally (through the nose) so there will not be any cuts or bruises on the outside. Once your child is asleep, the ENT surgeon will make a cut in the nasal mucosa to reach the cartilage of the septum. The bent/deviated septum will be removed or re-positioned. The cut in the mucosa will be closed using dissolvable stitches and some cream may be applied. Nasal packs may occasionally be required but in most cases, are not necessary. Your child will then be taken to the recovery room

What are the benefits of this procedure?

The main aim of surgery is to straighten your child's septum and improve his/her ability to breathe through their nose

What are the risks of this procedure?

As with any operation, there are some risks. These include:

- Infection
- Bleeding
- A hole in the septum (perforation)
- Dropping/sagging of the nasal tip
- A leak of fluid that surrounds the brain
- Need for further surgery later on
- Reaction to the general anaesthetic



What will my child be like afterwards?

Your child will recover from the anaesthetic in the recovery room and then be taken to the ward. It is not uncommon for children to be a little tired and disorientated after a general anaesthetic.

Your child can drink as soon as they are awake. Nursing staff will advise you when your child may eat.

Your surgeon will speak to you again following the procedure to let you know how it went. It is most likely your child will be able to go home the same day as the surgery. Your surgeon will decide this according to your child's medical history and general health. If they can go home the same day, it is usually about four hours after they arrive in recovery. If your child's surgeon decides they need to stay longer, this is likely to be an overnight stay and you should be able to return home the following morning.

Follow up will be arranged by the ENT team and you will be sent a letter with an appointment for your child.

Is there anything I need to watch for when my child goes home?

Your child may:

- Have some blood-stained mucous discharge from their nose for up to a week after surgery. This is very common after any type of surgery to the nose
- Complain of a blocked nose. Again, this is very common after any type of surgery to the nose and should clear within 2-3 weeks

Your child should:

- Not blow their nose for about a week after surgery. They may however gently wipe their nose



- Not lift heavy objects for approximately 1 week after surgery
- Avoid contact with people who have coughs/colds
- Avoid contact sports until reviewed again in the ENT clinic (approximately 6 weeks)

When can my child go back to school?

Your child can go back to school once you feel they are back to normal. This is usually within 1 week of surgery

Covid and surgery

It is likely that having an operation while carrying the Covid-19 virus causes an additional risk of developing complications. How much of a risk this is in children remains unclear. Whilst we are awaiting more details around this, we have taken precautions both prior to admission as well as during hospital stay to limit the risk of Covid-19 in the peri-operative period.

Questions

We understand that there may be questions that either you or your child would like answering. Most of us forget what we were going to ask the doctor or the nurse.

Please write your questions below.



No Smoking Policy

Please protect our patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted in any of our hospital buildings or grounds, except in the dedicated smoking shelters in the grounds of our Hospital site.

For advice and support on how to give up smoking, go to www.nhs.uk/smokefree.

Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

تنص سياستنا على عدم السماح لافراد عائلة المرضى او اقاربهم او اصدقائهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليرتب لك ذلك.

بماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کر سکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

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我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。



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