

How will I feel afterward?

Most patients feel blocked and 'crusty' after the operation. This can be improved temporarily by using saline rinses and gently cleaning the nostrils with warm water and applying a thin layer of Vaseline afterward. In time, this crusting will settle down as the lining of the nose heals.

To reduce the risk of significant bleeding it is recommended that vigorous exercise be avoided for 2 weeks.

If there is any bleeding that doesn't stop with conservative measures, please call/return to the rooms or hospital for advice.

Some Risks of Septoplasty and Rhinoplasty:

General risks:

- Infection can occur, requiring antibiotics and further treatment.
- Bleeding could occur and may require a return to the operating room. Bleeding is more common if you have been taking blood thinning drugs such as Warfarin, Aspirin, Clopidogrel (Plavix or Iscover), Dipyridamole (Persantin or Asasantin), or newer drugs such as Pradaxa.
- Small areas of the lung can collapse, increasing the risk of chest infection. This may need antibiotics and physiotherapy.
- Increased risk in obese people of wound infection, chest infection, heart and lung complications, and thrombosis.
- Heart attack or stroke
- Blood clot in the leg or lungs.
- Death as a result of this procedure is possible.

Specific risks:

- Bleeding. This may occur either at the time of surgery or in the first few weeks after surgery. Bleeding after surgery may require packing of the nose under local anaesthesia or may require another operation to stop the bleeding. A blood transfusion may be necessary depending on the amount of blood lost.
- Persistence or recurrence of the original problem with an unsatisfactory cosmetic appearance or lack of satisfaction with the new cosmetic appearance of the nose.
- Rhinoplasty may lead to a poorer nasal airway which may require revision surgery in 10-20% of cases.
- Abnormal healing of external wounds with abnormal scar formation.
- Impaired or lost sense of smell and taste.
- Adhesions or scar tissue forming inside the nose requiring further surgery.
- Numbness of the top lip and / or upper front teeth
- CSF leaks/Orbital Haematoma/Septal Abscess/Haematoma (bruising).
- May cause increase in snoring or sleep disturbance.
- Septal perforation or hole in the partition inside the nose. This is often asymptomatic but may result in whistling crusting or bleeding and may require further surgery to close the hole. This applies to septoplasty.

Risks of not having this procedure:

- Unchanged clinical condition; in some cases nasal obstruction can worsen over time

Risks of Anaesthetic

- Local anaesthetic agents are required, including a numbing agent, and adrenalin, which may cause damage to vessels, nerves, changes in heart rate and blood pressure. Rare cases have been reported of cardiac events and death due to administration of these agents.
- General anaesthesia has several risks that your anaesthetist will discuss with you, but some of these include (but are not limited to) injury to mouth/teeth/throat, allergy to anaesthetic agent given, nausea and vomiting, and rarely, death.

Please note the above information is for general education ONLY.

For other specific risks and benefits of surgery please speak to your specialist, anaesthetist, and refer to the patient information sheet provided by your surgeon.