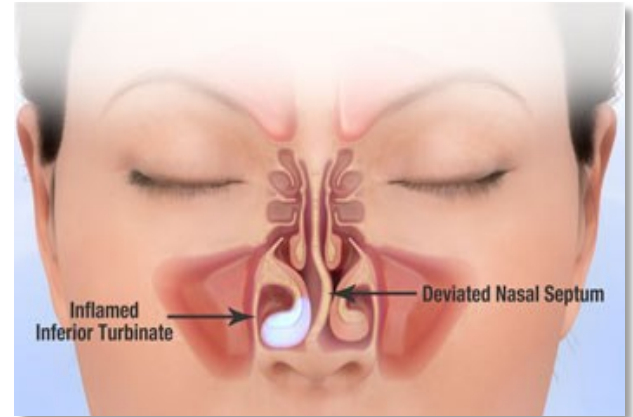




## Septoplasty & Turbinate Reduction

Septoplasty is a common surgical procedure to correct a deviated (crooked) nasal septum — a displacement of the bone and cartilage that divides the nostrils. Ideally, the septum is straight and oriented down the center of the nose; a deviated septum due to injury or congenital origins can impede breathing and sinus drainage.

Narrow bony structures in each nasal passage called turbinates (inferior, middle, and superior) boost the 'air conditioning' and air-filtering functions of the nose. If the turbinates are deformed or enlarged and impeding air flow, Turbinate Reduction surgery may be done in tandem with a Septoplasty.



### Who is a candidate for a Septoplasty?

A physician will look for telltale symptoms including:

- ◆ Nasal congestion / discharge
- ◆ Headaches
- ◆ Chronic / recurrent sinusitis
- ◆ Nosebleeds
- ◆ Nose appears crooked
- ◆ Loss of smell

For patients needing Endoscopic Sinus Surgery, sometimes Septoplasty is required as a precursor.

### How is a Septoplasty performed?

- ◆ Procedure is outpatient, in the operating room under general anesthesia.

- ◆ Incisions are made inside the nose to provide access to the septal cartilage and bone, and to preserve as much mucosal lining as possible.
- ◆ Portions of the septum are trimmed, reshaped, repositioned or removed to correct deviations, maintain support and give maximal breathing space.
- ◆ Light packing may be needed to reposition mucosal lining and hold the septum in place for up to 7 days after surgery. The packing is removed in the office by the physician.

### What are the benefits of a Septoplasty?

- ◆ Improved nasal breathing, thereby reducing or eliminating aching, nosebleeds and number / severity of sinus infections.

- ◆ In some cases, improved appearance of the nose.

### What is Turbinate Reduction surgery?

- ◆ If enlarged turbinates are causing a blockage, the surgeon may attempt to shrink them and/or remove a portion.
- ◆ The procedure can be done in conjunction with or separately from a Septoplasty.

### How is Turbinate Reduction surgery performed?

- ◆ The procedure is outpatient and can be done in the clinic or operating room under local or general anesthesia.

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- ◆ There are several surgical techniques available, all of which result in reducing the size of turbinates, including: trimming, “liposucting” and thermal ablation.
- ◆ All incisions are made inside the nose, and as much mucosal lining as possible is preserved.

## What are the benefits of Turbinate Reduction surgery?

- ◆ Improved nasal breathing and air movement.
- ◆ Decreased fluctuation of congestion.

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