

Procedure Information Sheet - Septoplasty / Submucosal Resection of Septum (SMR)

Introduction

To straighten the deviated nasal septum.

Indication

1. Nasal obstruction attributed by a deviated nasal septum.
2. Obstruction of sinus opening leading to sinusitis.
3. Epistaxis.
4. Septal spur headache.
5. Provide exposure for other nasal surgery.
6. Deviated nose attributed by deviated nasal septum.

Intended Benefits and Expected Outcome

1. Reduce nasal obstruction.
2. Reduce obstruction of sinus opening leading to sinusitis.
3. Reduce epistaxis.
4. Reduce septal spur headache.
5. Improve nasal deformity attributed by deviated nasal septum.
6. There is a chance of incomplete relief of deviation and recurrence.

※ Conditions that Would Not be Benefited by the Procedure

1. Nasal obstruction not chiefly caused by deviated nasal septum.
2. Nasal symptoms due to allergic rhinitis, including running nose, itchiness, sneezing, postnasal drip.

Procedure

Through an incision inside the nose, the deviated nasal septum is corrected by mobilization, repositioning and resection.

Pre-operative preparation

1. You will need to sign a consent form and your doctor will explain to you the reason, procedure and possible complications.
2. Inform your doctor of any medical condition and any medications you are taking. The medications may need to be adjusted as appropriate.

Possible risks and complications

- Common risks and complications ($\geq 1\%$): Bleeding, persistent nasal obstruction, infection, nasal adhesion, septal haematoma, septal perforation.
- Uncommon risks with serious consequences ($<1\%$):
 1. Saddle nose deformity / columellar retraction.

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2. Loss of smell sensation.
3. Cerebrospinal fluid rhinorrhoea.
4. Toxic shock syndrome.
5. Death due to serious surgical and anaesthetic complications.

Post-operative information

1. Nasal packs will be inserted into the operated side or both sides; you may have to breathe through the mouth. The nasal packs will be removed after one or two days.
2. There may be mild bleeding after the packs are taken off, which usually stops naturally.
3. You can go home after the packs are removed. Small amount of blood stained nasal discharge is normal. You may also experience nasal stuffiness. If you encounter persistent bleeding, please attend the nearby emergency department.
4. Follow up on schedule as instructed by your doctor.

Alternative treatment

Medical treatment.

Consequences of No treatment

1. Persistent nasal obstruction.
2. Sinusitis and its complications.
3. Recurrent epistaxis.
4. Persistent headache and nasal deformity

Remark

The above-mentioned procedural information is not exhaustive, other unforeseen complication may occur in special patient groups or individual differently. Please contact your physician for further enquiry.

Reference: http://www21.ha.org.hk/smartpatient/tc/operationstests_procedures.html

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. _____. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

Name: _____

Pt No.: _____

Case No.: _____

Sex/Age: _____

Unit Bed No: _____

Case Reg Date & Time: _____

Attn Dr: _____

Patient / Relative Signature: _____

Patient / Relative Name: _____

Relationship (if any): _____

Date: _____