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To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Septorhinoplasty

Ear, Nose and Throat Department



Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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St. Peter's or Ashford Hospitals), where we have on call ENT staff 24 hours a day.

Day Ward, St. Peter's Hospital **01932 722770**

Day Ward, Ashford Hospital **01784 884127**

Royal Surrey County Hospital **01483 571122**

Further information: <https://www.entuk.org/patient-information-leaflets-1>

Consultants and Specialists

Mr Sam Cartwright, Consultant ENT Surgeon

Mr Andrew Cruise, Consultant ENT Surgeon

Mr Stephen Derbyshire, Consultant ENT Surgeon

Miss Pandora Hadfield, Consultant ENT Surgeon

Mr John Hadley, Consultant ENT Surgeon

Miss Marysia Kalinkiewicz, Associate Specialist ENT

Dr Tatiana Gutierrez, Speciality Doctor ENT.

Septorhinoplasty

Why is the operation being done?

To improve your nasal airway by straightening the supporting bone and cartilage of the nose.

What if I have a cold on the day?

It may be safer to postpone your operation until you are better. Please contact the Ear, Nose and Throat (ENT) secretaries, admissions or the staff on the ward where you are due to be admitted.

What will happen in the operation?

The operation will usually be done from inside your nose, 2 scars of 1-2mm may be visible either side of your nasal bridge, these are short-term only and will heal quickly. Sometimes the operation involves a tiny external scar beneath the nasal tip, this will also heal well. You may notice some small sutures just inside the nose which will dissolve in due course. You may have some light packing inside your nose when you wake up, this will be removed before you go home.

You will have a dressing over the nose to protect it for the first few days; this will be removed when you attend the outpatient clinic a

week later. There may be some swelling, bruising and numbness around the bridge and tip of the nose for a few days.

Will my breathing improve immediately?

Yes probably but the nasal lining will usually be swollen for a few days afterwards.

Will my nose change shape?

The operation is primarily being done to improve your nasal airways, rather than for cosmetic reasons so any improvement in appearance would be a bonus. We will arrange clinical photographs before and after the operation.

What are the possible complications?

These are rare but you may have some bleeding or an infection, with increasing pain, discharge and possibly a fever. This could theoretically cause loss of the remaining cartilage and either a hole in the nasal septum (the partition between the nostrils) or a change in shape with loss of support of the nose - all of these are most unlikely. Occasionally the nerve supply to the upper 2 front teeth is disrupted, which can cause numbness, discolouration or (extremely rarely) loss of these teeth. Your sense of smell and taste may be altered, or lost, but this is unlikely.

If you are concerned, these please consult the ward, your GP, or the A&E department at the **Royal Surrey County Hospital**, Guildford.

What medication will I need afterwards?

Your surgeon may prescribe some painkillers and possibly a decongestant spray. If you normally use an intranasal steroid spray he / she will advise you on when to restart it.

How long should I stay off work?

You will need 10-14 days to recover; we can issue an employment sick note for you for up to 14 days. Try to avoid people with coughs and colds and cigarette smoke while you are recovering.

Can I exercise straight away?

It is best to avoid heavy manual work, lifting and strenuous exercise for the first 14 days as this may lead to bleeding.

Any further worries?

If you are concerned after the procedure, these please consult your GP, the ward you were admitted or in an emergency the A&E department at the **Royal Surrey County Hospital**, Guildford (not