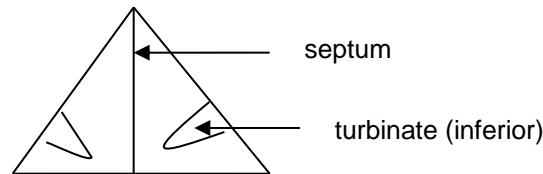


# Deviated Nasal Septum

## What is the nasal septum?

The septum is a midline structure that divides the nose into two sides (nostrils). The septum is made up of cartilage and bone.

Also within the nose are other structures such as the turbinates. These are natural structures that humidify the incoming air and can swell. Sometimes they are incorrectly referred to as polyps.



## What is a deviated nasal septum?

A deviated nasal septum is a crooked nasal septum that may restrict the flow of air through the nasal passageway. This deviation may result from trauma. Restriction of nasal flow may also be due to swollen turbinates.

## What are the symptoms of a deviated nasal septum?

The main symptom is nasal obstruction. Some people have no symptoms and it is an incidental finding.

## How do you tell that I have a deviated nasal septum?

This is done by examining your nose. Sometimes a nasal endoscope is placed gently within your nose.

## How do you treat a deviated nasal septum?

This will depend upon your symptoms, and how bad the deviated nasal septum is. If the main symptom is nasal obstruction one can try nasal steroid sprays to reduce the size of your turbinates. This will not fix your nasal septum though.

Otherwise an operation called a septoplasty is required to help straighten your nasal septum. Frequently a septoplasty is done in conjunction with a turbinoplasty.

## What are the risks of a septoplasty?

All operations have some small risk associated with them. The risks include bleeding, scar bands and no improvement in the sense of nasal obstruction. Rarely, a septal perforation can occur which could lead to crusting and whistling. Rarer still is a saddle nose which is a change in the external appearance of the nose.

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