

Deviated Nasal Septum/Nasal Blockage:

The septum divides the nose into two sides. Deviated nasal septum is a common condition that leads to blockage or reduced ability to breathe through the nose. A deviated septum can occur after a traumatic injury to the nose, or can be congenital. Restriction in ability to breathe through the nose can lead to snoring, decreased exercise capacity, sinus infections, and worsening allergies, amongst other symptoms.

A deviated septum can be diagnosed with examination in clinic. Many individuals with deviated nasal septum do not require surgery. Indications for surgery include deviation that is causing impairment in nasal breathing or contributing to other conditions such as sinus infections.

The treatment of choice is surgical straightening of the deviated septum (**septoplasty**). This procedure involves removing the deviated cartilaginous and bony portions of the septum along with any spurs and ridges and reimplanting them in the midline, to improve size of the nasal airway. There is no change to the external appearance of the nose. Surgery is done under general anesthesia (completely asleep), and as an outpatient with minimal pain. Typically, packing is NOT used after surgery. The recovery period is brief, with ability to return to work a few days after surgery.