

Ear, Nose and Throat (ENT) – Septoplasty of Nose

Introduction

The Covid-19 pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. We know that it can be very difficult for many people who are waiting.

The NHS is working hard to see people as quickly as possible, but it is going to take a while before waiting times are back down to where there were before the Covid-19 pandemic began in the UK in early 2020.

This document provides you with information on how you can support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Otolaryngologists (commonly referred to as ENT surgeons) deal with the diagnosis, evaluation and management of diseases of head and neck and principally the ears, nose and throat.

Your consultant will discuss with you at your outpatient appointment if you require a septoplasty of your nose.

Guidance for Patients

Whilst you are waiting for your septoplasty the use of nose decongestants and nasal sprays can shrink the lining of the nose and may help to relieve the blocked feeling but using decongestant nasal drops for more than 10 days is dangerous and the nose can swell up even more than before.

Nasal steroid spray may also help symptoms.

What should I do if my health is deteriorating?

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

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My Planned Care Patient Information Platform

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999

GP surgeries

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments.

GP surgeries are working differently to how they did before the COVID-19 pandemic and GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

Contact Us

Ear Nose and Throat Specialty Administration Teams: -

Grimsby –

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