# Deviated Nasal Septum

A deviated septum is a common condition where the thin wall between your nostrils (the nasal septum) is displaced to one side, reducing airflow and making it harder to breathe. While many people have a slightly deviated septum with no symptoms, a significant deviation can cause chronic nasal blockage and recurrent sinus infections that require treatment.

## What Are the Symptoms of a Deviated Septum?

For many people, a deviated septum causes no noticeable issues. However, when the deviation is severe enough to obstruct the nasal passage, it can lead to persistent and frustrating symptoms.

**The most common symptoms include:**

* **Nasal Congestion:** A feeling of blockage in one or both nostrils that does not improve. This can make breathing through your nose difficult, especially during a cold or allergies.
* **Recurrent Sinus Infections:** Poor airflow and drainage can increase the frequency of sinus infections.
* **Nosebleeds:** The surface of the nasal septum may become dry, increasing the risk of nosebleeds.
* **Noisy Breathing During Sleep:** The nasal obstruction can cause loud breathing or snoring during sleep, impacting both you and your partner.
* **Facial Pain:** Some people experience one-sided facial pain or a feeling of pressure.
* **CPAP mask intolerance:** Some people who use a CPAP machine may find it hard to use the mask with a deviated septum.

**Dr Nguyen's Expert Take:** *"A surprising number of patients I see in the Liverpool, Gledswood Hills and Forster clinics for other issues are found to have a deviated septum. The key is determining whether the deviation is the true cause of their symptoms. For many, it's a minor issue, but for those with significant blockage, it can be the primary driver of chronic congestion and recurrent infections."*

## What Are the Treatment Options?

Treatment is focused on improving your symptoms and is tailored to the severity of your condition.

### Medical Management

For those with milder symptoms, medical therapy can be very effective at reducing nasal inflammation and improving airflow.

* **Nasal Corticosteroid Sprays:** These are the primary medical treatment. They reduce inflammation in the nasal passages and can help with blockage or discharge. These sprays are safe for long-term use as they are not significantly absorbed into the bloodstream.
* **Saline Nasal Rinses:** Regular rinsing helps to clear mucus and reduce stuffiness.
* **Decongestants:** While sprays like Drixine or tablets like Sudafed can provide short-term relief, they should not be used for more than a few days. Long-term use can cause dependence and a rebound effect that makes congestion worse (rhinitis medicamentosa).

### Surgical Treatment (Septoplasty)

When a deviated septum causes significant breathing difficulties or contributes to sleep apnoea, a surgical procedure called a **septoplasty** is recommended to straighten the septum and improve airflow. This is a highly effective, permanent solution for the right patient.

**Dr Nguyen's Expert Take:** *"Septoplasty is a very common and successful procedure. For patients who have struggled for years with a blocked nose and failed medical treatments, the ability to take a full, clear breath through both nostrils can be truly life-changing. My goal is always to improve function and quality of life, and a septoplasty can achieve that for those with a significant deviation."*

## Frequently Asked Questions

### Does a deviated septum always require surgery?

**No.** Surgery is only recommended if the deviation causes significant symptoms like breathing difficulties or recurrent infections that do not respond to medical management.

### How long does it take for nasal steroid sprays to work?

Nasal steroid sprays need to be used consistently every day. It can take **over a month of regular use** to experience their full effect.

### What is the recovery like from a septoplasty?

Recovery typically takes 1-2 weeks. You can expect some nasal congestion and minor discomfort during the first week. Most people can return to work and normal activities within two weeks, with strenuous exercise avoided for about a month.

## Ready to Address Your Nasal Blockage?

If you are struggling with chronic nasal congestion or recurrent sinus infections, a professional evaluation can determine if a deviated septum is the cause and provide a clear path to breathing better.

### Next Steps:

[**Schedule Your Consultation**](https://www.google.com/search?q=tel:phone-number) *Comprehensive assessment including nasal endoscopy and personalised treatment planning.*

**Contact Information:**

* **Phone:** [Phone number] - Consultation appointments
* **Online:** [Booking system] - Convenient appointment scheduling

## Related Resources

### Internal Links

* Conditions - Chronic Sinusitis → Learn about related sinus conditions.
* Conditions - Allergic Rhinitis → Understand how allergies can contribute to nasal symptoms.
* Patient Journey → What to expect during your consultation process.