

## Patient information

### Insertion of Septal Button Obturator

#### Ear Nose and Throat Department

Your Consultant / Doctor has advised that you have insertion of a septal button.

#### **What is insertion of septal button?**

This is a procedure to put small button shaped plastic disc implant into your septum (the middle partition in your nose separating your nostrils) to close the hole. Biopsies may be taken if deemed necessary for diagnosis to be made as to the cause of the hole in your septum.

This procedure is performed as a day case.

Day case admission requires you to have an escort home, access to a telephone and a responsible adult with you overnight.

#### **What are the benefits of having insertion of a septal button?**

The procedure is done to reduce noisy breathing; whistling and can also reduce bleeding and improve nasal airflow.

#### **What are the risks of having insertion of a septal button?**

The risks are occasional bleeding and those associated with anaesthetic.

You may change your mind about the operation at any time, and signing a consent form does not mean that you have to have the operation. If you would like to have a second opinion about the treatment, you can ask your specialist. He or she will not mind arranging this for you. You may wish to ask your own family doctor (GP) to arrange a second opinion with another specialist.

#### **Are there any alternative treatments available?**

There is no alternative treatment available with high success rates. There are other operations involving implants i.e., bone, gristle from your ear and more major surgery but with low success rates.

#### **What will happen if I don't have any treatment?**

There is a possibility the hole in your septum will become larger.

**If you are worried about any of these risks, please speak to your consultant or a member of their team.**

## **What sort of anaesthetic will be given to me?**

Local anaesthetic is an option for this procedure and involves small injections of local anaesthetic or packing with a local anaesthetic solution to numb the area and comfortable insertion of the button.

You may alternatively be given a general anaesthetic: General anaesthesia is drug-induced unconsciousness: an anaesthetist, a doctor with specialist training always provides it.

Unfortunately, general anaesthesia can cause side effects and complications. Side effects are common, but are usually short-lived: they include nausea, confusion and pain. Complications are very rare, but can cause lasting injury: they include awareness, paralysis and death.

There is a risk of damage to teeth, particularly caps or crowns and veneers. Your anaesthetist will take every care, but occasionally damage can occur.

The risks of anaesthesia and surgery are lower for those who are undergoing minor surgery, and who are young, fit, active and well.

You will be given an opportunity to discuss anaesthetic options and risks with your anaesthetist before your surgery.

**If you are worried about any of these risks, please speak to your consultant or a member of their team.**

## **Getting ready for your operation**

- If you require a general anaesthetic, you will be seen in the pre-assessment clinic before you are admitted to hospital. Here you may have blood tests, a heart trace and other investigations **if necessary**.  
You will be assessed to see if you are fit for an anaesthetic.
- The nurse practitioner will ask routine questions about your health, the medicine you take at the moment and any allergies you may have.
- You will be able to discuss the operation with a nurse practitioner. You will be asked to sign a consent form to say that you understand the procedure, and what the operation involves.

## **The day of your operation**

- You will come into hospital the day of your operation.
- Before your general anaesthetic, you must not eat for a minimum of six hours or drink for a minimum of three hours. You will be told when this is to start.
- If you are having a local anaesthetic, you can eat and drink as normal.
- Please leave all cash and valuables at home. If you need to bring valuables into hospital, these can be sent to General Office for safekeeping. General Office is open between 8.30 and 4.30 Monday to Friday. Therefore, if you are discharged outside these times we will not be able to return your property until General Office is open. The Trust does not accept responsibility for items not handed in for safekeeping.

- You will be asked to remove jewellery: plain bands will be taped. Please leave body piercing at home. False nails and nail polish will need to be removed if worn.
- Please do not wear makeup.
- If you are on regular medication, you will be advised as to whether you should take it.
- You will be asked to put on a gown and disposable underwear.
- A bracelet with your personal details will be attached to your wrist.
- A porter will take you to the operating theatre.
- If you have dentures, glasses or a hearing aid they can stay with you on your journey to the operating theatre. They will be removed whilst you are in the anaesthetic room and kept with you until you arrive in the recovery area. Once you are awake they can then be put back in place.
- When you arrive in the theatre waiting area, a nurse will check your details with you: you will then be asked to put on a disposable hat.
- You will then be taken to the anaesthetic room.

### **What should I expect after my operation?**

- If you have had a general anaesthetic the anaesthetist will advise the nursing staff of the appropriate recovery time. If you have had a local anaesthetic the nursing staff will inform you of a discharge time.
- A nurse will check your pulse blood pressure and breathing regularly.
- Please inform the nursing staff if you experience any pain, they will then give you some painkillers to help.
- The nursing staff will also advise you when you can start taking sips of water. Anaesthetics can make some people feel sick. It is advised not to drink until this feeling has passed. The nursing staff may offer an injection to take the sick feeling away.
- Your nose may feel blocked for a few days due to swelling, this should resolve.
- You may experience 'crusting' of secretions around the button, if this happens we recommend: One teaspoon of sodium bicarbonate (baking soda)/sea salt dissolved in one pint of **warm** previously boiled water. Draw this into a syringe and gently irrigate your nose whilst leaning over the sink.

**This procedure should be explained to you before you leave hospital.**

### **Going Home**

Your doctor/nurse practitioner will normally discharge you on the day of your operation.

You have had a general anaesthetic, for the next 24 hours **you must not**

- Travel alone.
- Drive any vehicle e.g. car or ride a bicycle.
- Operate machinery (including domestic appliances such as a kettle).

- Climb ladders.
- Make important decisions; sign any business or legal documents.
- Drink alcohol.
- Do not smoke for at least two weeks after your operation, as this will affect the healing process.

#### **You should**

- Take it easy for the rest of the day, avoid strenuous activity.
- Take your medications as usual.
- Let someone else care for anyone you usually look after, such as children or elderly or sick relatives.

### **Discharge Information**

#### **Pain relief and medication**

The nursing staff will advise you about painkillers before you leave the hospital. Please inform the nurse of any painkillers you have at home.

#### **Getting back to normal**

**Your nose may become “crusty”: The Saline Nasal Douching procedure is recommended: Please see Patient Information Leaflet 1452 Saline Nasal Douching for full instructions.**

- One teaspoon of sodium bicarbonate (baking powder) / sea salt and a few drops of baby shampoo (non-perfumed) dissolved in one pint of warm previously boiled water.
- Draw this up into a syringe or NeilMed nasal rinse bottle and gently squirt into one nostril at a time, allowing the solution to then run from the nose into the sink.

You may be given a syringe and instructions before you leave the ward.

It is normal to feel more tired than usual for a few days following a general anaesthetic. It is important that you eat and drink normally.

#### **Returning to work**

You can self-certify for the first seven days of sickness. For further fit (sick) notes you will have to see your GP.

#### **Further Appointments**

A follow up appointment will be arranged before you go home.

#### **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Patient Notes:**

### **Further information**

**If you have any further questions, or require further information, please contact:**

**ENT Nurse Practitioners**

**Tel: 0151 706 2290**

**Text phone number: 18001 0151 706 2290**

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