

Patient information

Nasal Manipulation under anaesthesia

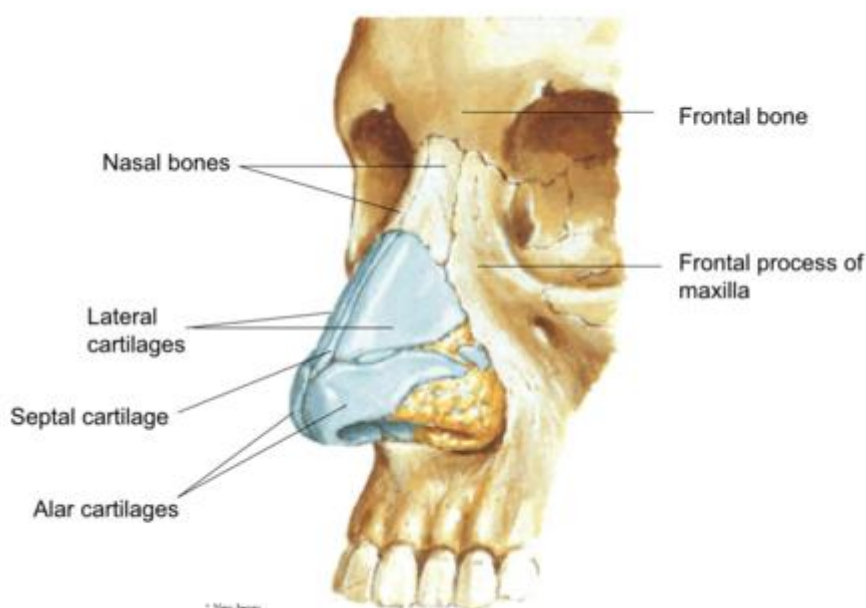
What is the indication for this procedure?

Trauma to the nose can cause a fracture of the nasal bones shifting them out of their original position. This can result in a visibly deformed nose and varying degrees of nasal blockage.

What is nasal manipulation under anaesthesia?

The procedure is usually carried out in clinic under local anaesthetic. In rare cases we may recommend a procedure under a general anaesthetic.

For the local anaesthetic in-clinic procedure, we will inject anaesthetic around the nose and use spray inside the nose. The nose is then pushed back into its original position.



What are the benefits of the procedure?

The aim is to realign the nasal bones and improve the cosmetic appearance, and hopefully reduce the chance of long-term nasal blockage issues.

What are the risks of the procedure?

- 1. Altered appearance:** This means that even after manipulation we cannot guarantee that your nose will look the same as it did before your injury. Even with careful manipulation you may still be unhappy with how it looks; this is more likely if you have had previous trauma or surgery to your nose.
- 2. Failure:** Sometimes we are unable to move and straighten the nasal bones. This can be because some people heal faster than others or because someone has had previous surgery or trauma to the nose.
- 3. Bleeding:** There is a small risk of bleeding, but this is rarely severe. If you bled at the time of the injury, you may well bleed again with the manipulation.
- 4. Bruising around the eyes:** This will settle with time.
- 5. Discomfort:** Although we inject local anaesthetic around the nose you will still feel pressure when we manipulate the bones back into place.

How long will the procedure take?

If it is carried out in clinic under local anaesthetic, it will only take about 20-30 minutes. If you need to have it under general anaesthetic, you will have to come back on another day for it to be performed on one of our operating lists. This process will usually take half a day.

How soon after I have broken my nose can I have this done?

Your nose will swell immediately after the injury which can make it initially difficult to assess. We like to see you 5-7 days after the injury, once the swelling has subsided, to see whether your nose needs repositioning and before the bones have healed into its new position. Manipulation is generally not possible after 14-21 days.

What can I expect after the procedure?

- After the procedure your nose may feel a little sore; you can take simple painkillers if required.
- The local anaesthetic will wear off in approximately 1 hour, do not eat or drink until any numbness in your throat has cleared.
- There may be small amounts of blood-stained discharge from your nose or mouth for a few days.
- The swelling and bruising will gradually settle over the next few weeks.
- You should refrain from contact sports for at least 6 weeks after the procedure to allow the nasal bones to heal without disruption.

- If there has been damage to the septal cartilage this will **not** be corrected by manipulation. This may require a further review once healing is complete. If the deformity is significant or a nose blockage persists you can discuss with your GP whether a further referral to ENT is necessary, but we suggest leaving at least 3 months to allow the any deep swelling to settle.

If you require any further advice or information please contact the department on 01284 713559 or 01284 713550

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