

# DEVIATED SEPTUM AND RHINOPLASTY

The nose is the beginning of the respiratory system. It performs important functions: filters the air, heats it and moistens it with the mucus. Also the nose is the olfactory sensory function. It is often necessary to combine the plastic of deviated nasal septum with rhinoplasty in order to achieve better results not only aesthetically but also functionally.

## Reasons for difficulty in nasal breathing:

1. the nasal valve is narrowed due to the abnormality of one or more anatomical detail to the form:
  - a. Nasal septum abnormalities
  - b. Anatomical variations of the lateral nasal wall
  - c. Cartilage lesions, soft tissues (skin, fat) involved in forming the orifice of the nose
  - d. Turbinate hypertrophy may be responsible
2. The valve does not have good skeletal support, as often happens after surgery, resulting in overlap of the panels by:
  - a. Loss of a segment of cartilage of the nasal septum
  - b. Loss portion of the lateral nasal and / or
  - c. Cartilage loss or destruction of the nasal muscles and tissue
3. Allergic rhinitis and nasal polyps.

Both anatomical variations leader and postoperative lesions should be treated surgically. But should the surgeon, on the one hand, to ascertain not only the surgical anatomy of the area and physiology, on the other hand to be as conservative as possible in terms of tissue excision and change the anatomical structure of the nose.

When performing a rhinoplasty surgery, the surgeon's attempt to achieve a good cosmetic result can change all the anatomical structures that form the region of the nasal valve which will have a direct impact on postoperative physiological function of the nose.

Allergic rhinitis is a factor that also influences the breath.

Allergic rhinitis is divided annually into seasonal symptoms that occur almost exclusively during a season like spring and autumn and is due almost always to allergens belonging to pollen. The symptoms lasting throughout the year are due to allergens such as house dust, mites, epithelia of domestic animals and fungi.

The diagnosis of allergic rhinitis is made from the history, clinical examination and investigations, which have gained prominence in recent years (skin test).





## THE IMPORTANCE OF PREVENTION

Early recognition of symptoms is very important.



DR YERASIMOS  
KYRIAKIDES



After determining the cause of nasal distress the treatment will follow. In inflammatory and allergic diseases appropriate medications are administered. Polyps are removed surgically by endoscopic method, while the patient undergoes allergenic control to tackle the problem as the allergy can trigger recurrence of polyps.

Hypertrophic shrinking of polyps is usually done using radio frequencies. The treatment of scoliosis of the nasal septum is always surgery. Usually it is necessary to combine this with a reduction of the lower turbinate or even rhinoplasty. Particular attention should be given for the correct referral for surgery. Where there is no strong evidence for surgical intervention, rather than solve a problem, we may add to it.

Finally we would like to emphasize the importance of proper nasal breathing on quality of life and good health. You should not settle for a situation that could cause serious problems for fear of an intervention that is simple, uncomplicated and above all without pain.

Dr Yerasimos Kyriakides

Andreas Avraamides 55-57,  
2024 Strovolos, Nicosia - Cyprus

Tel. 22 200 682

Fax: 22 512 373

e-mail: [g.kyriakides@aretaeio.com](mailto:g.kyriakides@aretaeio.com)

[www.ent-cyprus.com](http://www.ent-cyprus.com)

# DEVIATED SEPTUM AND RHINOPLASTY