Trouble sleeping in deviated nose deformity – outcome of septorhinoplasty

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Materials and Methods:

- **NOSE scale**
  - Parameters: nasal congestion/stuffiness, nasal blockage, trouble breathing through nose, trouble sleeping, unable to get air through my nose during exertion/exercise.
  - Scoring:
    - No -0
    - Very mild -1
    - Moderate -2
    - Moderate Severe -3
    - Severe -4

Objectives:

- To evaluate outcome of septorhinoplasty in deviated nose deformity with trouble sleeping using Nasal Obstructive Symptoms Evaluation (NOSE) scale

Introduction:

- “As goes the septum so goes the nose” - Beckhius
- A deformity of the nose can significantly alter one’s facial appearance and/or result in nasal complaints.
- Quality-of-life (QOL) being in relation to health of the nose. It’s proportionately important to perform septorhinoplasty for any symptoms associated with nasal deformity

Results:

- Preoperative mean score: 11.43
- Postoperative mean score: 3.28 (±1.52)

Conclusion:

- Deviated nose deformity affects the quality of life of patients and aesthetic appearance.
- So, after septorhinoplasty it is important to analyze both the improvement in nasal symptoms and quality of life to make it a complete assessment.