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What is nasal septum deviation

A deviated septum occurs when the thin wall between the nostrils, made of cartilage and bone, becomes off-center or crooked. This can be present at birth, develop during growth, or be caused by injury to the nose and face. Most people with a deviated septum do not experience symptoms, but some may include difficulty breathing through the nose, nasal congestion, frequent sinus infections, and sleep problems. Deviated septum is often misaligned due to congenital causes, normal growth during childhood, or trauma such as a broken nose. Given article text here is a mild condition that doesn't cause any problems. You can be born with it or develop it after an injury. Symptoms of deviated septum include blocked nose, reduced sense of smell, frequent sinus infections, nasalbleeds and obstructive sleep apnea. A septoplasty is surgery to correct the deviation. It means the nasal septum (bone and cartilage) is crooked, making one passage smaller than the other. Breathing can be difficult and your sense may be affected if it's severe. Most people have a slight deviation, but only those with severe ones need treatment. A deviated septum is a condition where the septum is crooked. You are born with a slightly uneven nasal septum which doesn't cause any problems. You may develop one after an injury to your nose that moves it out of position. Difficulty breathing through the nose is usually worse on one side if you have severe deviated septum. Some people experience general symptoms like nasal congestion, sinus infections or allergies. You should see a doctor if you have nasal symptoms and don't know their cause. Your doctor will ask about your symptoms and examine you. They may use a nasal endoscope to diagnose the condition. If it's not the deviated septum, other conditions can cause nasal congestion. In rare cases, bleeding or blockage can be signs of a nasal tumour. Medicines can help you breathe through your nose but they are usually more effective if the cause is not the septum. Some medicines may be recommended by your doctor to relieve symptoms. Given article text here Looking for more information on deviated septum symptoms and treatment options? Consult with a healthcare professional or use online resources like the healthdirect website to learn more about this common condition. Given text rewritten in different styles as follows: **Original** paraphrase is not needed here. **REWRITTEN (SE)** deviated septum can cause breathing problems and require treatment, like nasal congestion and hard time breathing through nose. Some people are born with it, while others get after an injury or trauma to the nose. Symptoms include frequent nosebleeds, facial pain, headache, postnasal drip, loud breathing during sleep, and obstruction of one or both nostrils. **REWRITTEN (NNES)** deviated septum cause big problem for breathe. Some people have it from birth, while other get it after they hurt their nose. It make them feel congested and can't breathe through nose easy. They might also have headache, facial pain, postnasal drip, loud breathing during sleep, and nostril blocked. **REWRITTEN (IB)** A deviated septum can significantly impact one's ability to breathe properly, causing nasal congestion, difficulty breathing through the nose, and other related issues such as frequent nosebleeds, facial pain, headaches, postnasal drip, and loud snoring during sleep. Some individuals may be born with this condition, while others develop it after an injury or trauma to the nose. A thorough examination by a doctor or ENT specialist is necessary to determine if a deviated septum is present. A deviated septum can cause nasal congestion, runny nose, and stuffy nose. Oral decongestants may provide temporary relief but often lead to rebound congestion after a few days. Nasal steroid sprays are more effective and take one to three weeks to reach full effect. Antihistamines can reduce symptoms like a runny or stuffy nose but cause drowsiness. There are several treatment options available, including nasal strips which can be used as an additional treatment. If you have a deviated septum, your doctor may recommend surgery, such as septoplasty or seporhinoplasty. Septoplasty is usually done under local anesthesia and takes about an hour to complete. Nasal turbinates are long bones covered in tissue that can block airflow if they become swollen. Turbinate outfracture is a procedure that moves the nasal turbinates open, while septorhinoplasty combines a septoplasty with a rhinoplasty to improve both function and appearance. Septoplasty typically takes an hour to complete and most patients can go home three to four hours after surgery. Septorhinoplasty involves more time and swelling after the procedure. A submucosal resection is similar to septoplasty but may require more cartilage removal. May persist for 2-3 days, full recovery takes around 2 months, yet most patients experience long-term positive outcomes with improved breathing 2 to 3 years post-surgery. Although surgery carries risks, the benefits must outweigh them. Septoplasty and septorhinoplasty are common and safe procedures; however, it's best to discuss possible risks with your doctor before making a decision. Although rare, complications from septoplasty and/or rhinoplasty may include infection, bleeding, a hole in the septum, loss of sense of smell. If you're experiencing nasal symptoms, consult an ear, nose, and throat specialist to determine if you have a deviated septum, which can cause restricted breathing, mouth-breathing, snoring, sleep apnea, and sinus infections. A deviated septum occurs when the bone and cartilage are off-center. Symptoms include restricted breathing, headaches, sleep apnea, and nosebleeds. With your doctor's guidance, you can decide on the best treatment: over-the-counter medication, prescribed medication, or surgery. Whether to fix a deviated septum depends on its severity and how it affects quality of life. Living with a deviated septum restricts airflow through the nostrils, causing breathing difficulties, headaches, sleep apnea, sinus infections, nosebleeds, and reduced sense of smell. The main cause is an abnormal or crooked position of the bone and cartilage that separates the two sides of the nose. It can be present at birth, occur due to trauma, certain diseases, or aging. Treatment relieves severe symptoms and restores the septum to its normal place. Neonatal septal deviation happens when the cartilage in a baby's nose gets damaged during birth or grows unevenly in the womb. Sometimes, it's linked with other health problems like autoimmune diseases. As people age, their nasal cartilage can weaken and change shape, making existing deviated septums worse. Infections like syphilis or leprosy can also damage the cartilage, causing a deviated septum. Chronic sinus infections or allergies can lead to swelling in the nasal passages, potentially causing a deviated septum. If left untreated, a deviated septum can cause frequent sinus infections and worsen over time, increasing the risk of other serious conditions that affect quality of life. Sleep apnea can cause oxygen deprivation to the brain, increasing the risk of seizures and brain damage. People who experience chronic severe nosebleeds or breathing difficulties may be at higher risk. The deviated septum is a fairly common issue that can lead to serious complications if left untreated. It can cause difficulty breathing, pain, and poor sleep quality. Treatment options vary depending on the severity of symptoms, age, and other medical conditions. Some people may qualify for surgery to correct the deviated septum and relieve symptoms. A deviated septum is often asymptomatic but can worsen with age. Nonsurgical treatments can provide temporary relief, while surgery offers long-term results. It's essential to consult a healthcare provider if symptoms persist or worsen over time, as untreated conditions can lead to severe consequences. Septal deviation and perforation are discussed in the Merck Manual Professional Version. According to the information accessed on March 13, 2023, a deviated nasal septum may be a risk factor for chronic sinusitis, as suggested by Malpani SM and colleagues in their Cureus publication from 2022. Additionally, Wang MB provides an overview of etiologies of nasal symptoms through an online resource accessed on the same date.