



MARYLAND ENT ASSOCIATES
EAR • NOSE • THROAT
FACIAL PLASTIC SURGERY

Proudly Part of Privia Health

Informed Consent for Septoplasty and Turbinate Reduction

Purpose of the Surgery

This surgery straightens the nasal septum and reduces the size of the turbinates to improve breathing through the nose.

Alternatives

- No surgery (continue with medications or sprays)
- Observation
- CPAP for sleep issues if appropriate

Benefits

- Improved nasal breathing
- Better sleep and reduced snoring
- Relief from nasal obstruction

Risks and Possible Complications

- Bleeding, infection, pain
- Swelling, crusting, scar tissue inside nose
- Septal perforation (hole in septum)
- Persistence or return of symptoms
- Change in smell
- Rare: anesthesia risks, vision problems, spinal fluid leak

After Surgery

- Expect some congestion and mild bleeding for a few days
- Use saline rinses
- Avoid heavy activity for 1–2 weeks
- Follow-up visits are important

Patient Acknowledgment

I understand:

- Why I need this surgery.
- The alternatives.
- The risks, benefits, and possible complications.
- That no outcome can be guaranteed.

I have had the chance to ask questions, and all my questions were answered in a way I understand.

Patient (or Legal Guardian) Signature: _____ Date: _____

Physician/Witness Signature: _____ Date: _____