Surgery of the Nasal Valve

Scott B. Roofe, MD, FACS
Facial Plastic and Reconstructive Surgery
Tripler Army Medical Center
Table 1. Cause and Preoperative Anatomical Site of Nasal Valve Dysfunction

<table>
<thead>
<tr>
<th>Cause and Site</th>
<th>No. (%) of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Etiology</strong></td>
<td></td>
</tr>
<tr>
<td>Nasal surgery</td>
<td>42 (79)</td>
</tr>
<tr>
<td>Trauma</td>
<td>8 (15)</td>
</tr>
<tr>
<td>Congenital</td>
<td>3 (6)</td>
</tr>
<tr>
<td><strong>Anatomical site</strong></td>
<td></td>
</tr>
<tr>
<td>Internal valve</td>
<td>27 (51)</td>
</tr>
<tr>
<td>External valve</td>
<td>12 (23)</td>
</tr>
<tr>
<td>Internal and external valves</td>
<td>14 (26)</td>
</tr>
</tbody>
</table>

Internal Nasal Valve

10-15 degrees
Evaluation
Nasal Obstruction and Septoplasty Effectiveness Scale

Over the past ONE month, how much of a problem were the following conditions for you?

Please circle the most correct response

<table>
<thead>
<tr>
<th>Condition</th>
<th>Not a Problem</th>
<th>Very Mild Problem</th>
<th>Moderate Problem</th>
<th>Fairly Bad Problem</th>
<th>Severe Problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Nasal congestion or stuffiness</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2. Nasal blockage or obstruction</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>3. Trouble breathing through my nose</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4. Trouble sleeping</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5. Unable to get enough air through my nose</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

To the Patient: Please help us to better understand the impact of nasal obstruction on your quality of life by completing following survey. Thank You!

NOSE Scale
TECHNIQUES

SPREADER GRAFTS
LATERAL FLARING SUTURE
AUTO-SPREADER
ALAR BATTEN GRAFTS
NASAL VALVE SUSPENSION

The Nasal Valve Dilemma

The Narrow Straw vs the Weak Wall
Spreader Grafts
Intranasal Placement


Lateral Flaring Suture

From: Surgery for the Dysfunctional Nasal Valve: Cadaveric Analysis and Clinical Outcomes

From: Nasal Airway Preservation Using the Autospreader Technique: Analysis of Outcomes Using a Disease-Specific Quality-of-Life Instrument

Alloplastic Implants
Nasal Valve Suspension

From: Placement of a Lateral Nasal Suspension Suture Via an External Rhinoplasty Approach

Nasal Valve Suspension

Before and after

Nasal Valve Suspension
CONCLUSION

- LOCALIZE
- SUPPORT
- WIDEN
- TURBINATES AND SEPTUM