

Table 1: The Nasal Obstruction Septoplasty Effectiveness (NOSE) scale (Over the past 1 month, how much of a problem were the following conditions for you).

| | Not a problem | Very mild problem | Moderate problem | Fairly bad problem | Severe problem |
|--|------------------|----------------------|---------------------|-----------------------|-------------------|
| Nasal congestion or stuffiness | 0 | 1 | 2 | 3 | 4 |
| Nasal blockage or obstruction | 0 | 1 | 2 | 3 | 4 |
| Trouble breathing through my nose | 0 | 1 | 2 | 3 | 4 |
| Trouble sleeping | 0 | 1 | 2 | 3 | 4 |
| Unable to get enough air through my nose during exercise or extension | 0 | 1 | 2 | 3 | 4 |