



the raphael center for  
integrative orthodontics

## The NOSE Score

### Nasal Obstruction and Septoplasty Effectiveness

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

Please circle the most correct response:

	Not a Problem	Very Mild Problem	Moderate Problem	Fairly Bad Problem	Severe Problem
Nasal congestion or stuffiness	1	2	3	4	5
Nasal obstruction or blockage	1	2	3	4	5
Trouble breathing through my nose	1	2	3	4	5
Trouble sleeping	1	2	3	4	5
Unable to get enough air through my nose during exercise or exertion	1	2	3	4	5

Multiply Total by 4 for a 100 scale.

Total \_\_\_\_\_

Score \_\_\_\_\_