

Closed Reduction of Nasal Fracture

Post-Operative Instructions

Preparing for Surgery:

- Do not eat or drink anything after midnight or 8 hours before scheduled procedure (including water, gum, hard candy, and lozenges). Limit alcohol intake and refrain from using tobacco products 24 hours prior to surgery.
- Bathe or shower the morning of surgery to minimize the chance of infection. Teeth may be brushed, but do not swallow any water.
- Notify your surgeon if you develop a sore throat or fever.
- Prepare your bedside at home with items you will want to have within reach (telephone, medications, water, etc.).
- Wear comfortable clothing and remove all jewelry.
- Arrange for transportation to and from the hospital, as you will be unable to drive.
- No Aspirin or Aspirin-like products (e.g. Ibuprofen) two weeks prior to surgery.

What to bring to the hospital:

- Insurance cards and forms
- List of medications you take regularly

- You will wear an external nasal cast for approximately one week following the procedure. On occasion, nasal sponge packing is placed to minimize post-operative bleeding. The nose may be congested or obstructed in the first few to several days following the procedure. This is relieved with saline spray and decongestant spray as directed by your doctor (see instructions below). Mild to moderate nasal discomfort, bruising under the eyes (black eyes) and oozing of blood from the nose is expected in the first 48 hours.
- You may have liquids by mouth once you have awakened from anesthesia. If you tolerate the liquids without significant nausea or vomiting then you may take solid foods without restrictions. If nausea is persistent, an anti-emetic medication may be prescribed for you (e.g. Zofran or Phenergan). Some patients experience a mild sore throat for 2-3 days following the procedure. This usually does not interfere with swallowing.
- It is OK to substitute Tylenol if the pain medication is too strong or causes nausea. Consider alternating ibuprofen/Motrin/Advil or naproxen/Aleve with the prescription pain medication (i.e. take the anti-inflammatory every six hours, alternating with the prescription pain medication every 6 hours, so that one medicine or the other is taken every three hours). The prescription pain medication taken along with a medication that has anti-inflammatory properties has been proven to be very beneficial for pain relief while recovering from surgery.
- No heavy lifting, straining or strenuous exercise for 1 week following the surgery. You should plan for 1 week away from work. If your job requires manual labor, lifting or straining then you should be out of work for 1 week or limited to light duty until the 1 week post-op mark. Walking and other light activities are encouraged after the first 24 hours. *If you are an athlete involved in contact sports (basketball, football, soccer, wrestling, etc.) your doctor will discuss specific return to play instructions with you after your procedure. Age, level of competition and the severity of the fracture all determine when you can return to competition. A protective mask or nasal cast may be prescribed.
- Spray the nose 3 times daily with saline solution beginning the evening of surgery. This can be accomplished with an Ocean Saline Spray or Simply Saline bottle (available over the counter at most pharmacies). Also, spray the nose with nasal decongestant (such as Afrin or Neo-Synephrine) two sprays to each nostril twice daily for two days following the procedure.
- Hot steam showers as needed are very helpful in relieving nasal congestion and crusting or scabbing in the nose. Sleep with the head elevated for the first 48 hours; this will minimize pain and congestion. You may use two pillows to do this or sleep in a reclining chair. You may get the nasal cast wet in the shower 48 hours after your procedure. You may let the cast air dry and dab the area around it with a towel.
- Your follow up appointment in the office will be about one week following your procedure. The nasal cast will be removed at this visit. If you do not have the appointment made, please contact our office when you arrive home from the surgery center.

Please call our office immediately if you experience:

- Brisk nose bleeding
- Fever greater than 101.5 degrees Fahrenheit
- Purulent discharge (pus) coming from the nose
- Severe nasal pain or headache
- Or present to the nearest Emergency Department if after clinic hours

Call 911 for severe bleeding or difficulty breathing



**Saint Alphonus
Medical Group**

EAR, NOSE & THROAT

If you have any questions or concerns, call your physicians office:
Boise or Nampa (208) 302-1000 | Ontario (541) 881-2350