

## Nasal Fracture Open or Closed Reduction

**Disclaimer:** *The following information should not be considered medical advice or a substitute for a consultation with a physician. If you have a medical problem, contact your physician for diagnosis and treatment.*

**General Anesthetic:** After a general anesthetic, you may experience some weakness, dizziness, and sleepiness. A responsible adult must stay with you for 24 hours because of the effects of the anesthesia. Adults should not drive a car, operate dangerous machinery, or make important or legal decisions for 24 hours after anesthesia, or while taking pain medications.

**What to expect:** Nasal congestion and discomfort, especially if you have packing or splints in your nose. Some bloody or non-bloody discharge is normal from your nose or the back of your throat.

**Diet:** Start with clear liquids. You may resume your previous diet when you no longer feel nauseas.

**Hydration:** This is very important during the recovery period and will help the healing process. Avoid alcoholic beverages with cause dehydration and thickening of mucous.

**Fever:** It is not uncommon to run a low-grade fever, which can be expected after surgery. A fever below 101.5 degrees often

clears and should not cause concern. This is probably the results of mild dehydration and the healing process. Please call us for elevated or persistent fever ( $>101.5^{\circ}$  for 2 days).

**Medications:** Take all the antibiotics and pain medications as prescribed by your physician. **Do not take aspirin or products containing non-steroidal anti-inflammatory medications (i.e. ibuprofen) until Ok'd by your doctor. These "thin the blood" and slow blood clotting.**

**Special Instructions:** Do not remove packing from your nose unless instructed to by your physician. After packing is removed by your physician use salt water nasal spray (Ocean, Nasal, Aire, Simply Saline, etc.), two sprays in each nostril every 2 to 3 hours while awake. This will keep the nasal tissue moist, clean the inside of the nose, reduces crusting and promotes healing. Do not restart steroidal nasal sprays until approved by your physician.

**Activities:**

1. Do not get bandages wet.
2. Do not blow your nose for 7 days after surgery, then you may blow your nose gently through both sides at once.
3. If you need to sneeze or cough, do so with your mouth open.
4. Do not bend, lift heavy objects or participate in contact sports for at least one month.

5. Do not bump or hit your nose if possible.
6. Keep the head raised 30 degrees at bedtime until bandages are removed. This will help decrease swelling.
7. To relieve dry throat from mouth breathing, use lozenges or hard candy. Keep lips moist with balm, Chapstick or petroleum jelly.

**Follow-up:** The post operative appointment will be with your physician one week after surgery. Please call **206-215-1770** to schedule immediately if it has not been scheduled.

**Contact your physician if you experience**

1. Excessive bleeding.
2. Change in the ability to see.
3. Persistent severe pain not relieved by medication.
4. Elevated or persistent fever ( $>101^{\circ}$  for 2 days). Fever for 2 days after surgery is normal.
5. Vomiting after stopping prescription pain medications, or reaction to the post-op medications.



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