CLOSED/OPEN REDUCTION OF NASAL FRACTURE:
Post-operative Instructions

Diet:
We ask that you eat a soft and cool diet after the operation as this will
decrease the likelihood of bleeding from the nose. Because some
individuals occasionally experience nausea and vomiting after general
anesthesia, you may also want to eat a bland diet. You may resume your
normal diet the day after the operation, however you should avoid very hot
liquids/foods for at least a week after surgery.

Activity/Work:
After the operation, you should rest and avoid strenuous activities. You will
be asked to wear a splint on the nose which should remain in place until
you are seen in our office for your post-operative visit. You generally may
return to work or school the day after surgery. If it is an open reduction,
you may need to stay out of work/school until seen in our office depending
on how you feel. You will be asked to keep the splint which has been
placed on the nose as this should be worn whenever playing contact sports
for at least 2 weeks after surgery.

Medications:
You will be prescribed an antibiotic and a pain medication. These should be
taken as directed. Please keep in mind that pain medications may cause
drowsiness. You should also avoid taking any aspirin or aspirin-containing
products for at least 1 week after surgery as these may increase the
possibility of bleeding. Prescriptions will be sent to your pharmacy on file 1
week prior to your surgery. Please check with the pharmacy to see that it
has been filled. If it is not there, please call the office as soon as possible.

Packing:
You will have a splint on the nose as well as possibly some absorbable
packing inside the nose. These should be left in place and not manipulated.
If the splint falls off of the nose, it may be reinforced with tape across the
nose to hold it in place.

General Information:
After surgery you will have a mustache dressing and can expect to see
mucous drainage containing some blood. You may change the mustache
dressing as needed. Clean the dried blood and secretions from the nostrils
and the opening of the splints with hydrogen peroxide 3% and Q-tips.
Do not blow your nose until you are seen for your first post-operative visit.
Avoid very hot showers for at least 3-4 days after surgery.
Some pain and swelling of the nose are to be expected. Because the nasal bones were fractured, you may also notice swelling and discoloration of the eyelids. You may also notice some numbness to the tip of the nose. This is usually minor and will improve with time, however some mild numbness may be persistent.

Follow-up:
Please keep the post-operative appointment that was made for you. If you have any questions or concerns, please contact our office at (413) 448-8291.