

Post-operative Instructions Following Closed Reduction of Nasal Fracture

General:

Closed reduction of nasal fracture is performed as an outpatient procedure under local anesthesia, sedation or general anesthesia depending on the type of fracture and age of the patient. If you have other medical conditions such as sleep apnea, you may spend one night in the hospital after your procedure. 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 Nasal Care following the Surgery 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.

Diet:

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. Some patients experience a mild sore throat for 2-3 days following the procedure. This usually does not interfere with swallowing.

Pain control:

Patients report mild to moderate nasal pain, congestion and headache for a few to several days following septoplasty. This is usually well controlled with prescription strength oral pain medications (Vicodin, Tylenol #3, Percocet). Please take the pain medication prescribed by your surgeon when needed. You may instead use over-the-counter non-steroidal anti-inflammatory drugs (NSAIDS) such as ibuprofen or naproxen (Motrin, Naprosyn, Advil) if your doctor has advised you these drugs are appropriate for your care. Please contact our office (602) 258-9859 if your pain is not controlled with your prescription pain medication or if you have any questions regarding your post-operative pain control.

Activity:

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.

Follow-up appointment:

Your follow up appointment in the office will be 5-8 days following your procedure. This visit should be scheduled prior to your surgery (at the time of your pre-operative visit). 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 degrees Fahrenheit
- *Purulent discharge (pus) coming from the nose
- *Severe nasal pain or headache

Call 911 for severe bleeding or difficulty breathing