



ADVANCED SINUS
AND
ALLERGY CENTER

1030 W. Higgins #325
Park Ridge, IL 60068

POST-OPERATIVE INSTRUCTIONS AFTER CLOSED REDUCTION OF NASAL FRACTURE

1. You will have splints inside your nose and a cast on the outside for one week following surgery; this will make breathing through your nose difficult. A humidifier or vaporizer should be used in the bedroom to prevent throat pain with mouth-breathing. Breathing through the mouth will cause dryness and a sore throat. If the cast falls off, do not worry. Avoid wearing any glasses or anyone touching your nose.
2. Frequent hot showers, breathing in steam from a pot of boiling water, or simply sniffing a small amount of water through your nose will help break up congestion and clear any clot or mucus that builds up within the sinuses after surgery. You may also clean the front of the nose and nostrils with a Q-tip dipped in hydrogen peroxide or warm soapy water; do not pull at the splints inside your nose or the thin blue/black suture holding them in place. You can apply Bacitracin or Neosporin external ointment to the outside of your nostrils twice daily.
3. Change the moustache dressing as often as needed. Some oozing of blood and mucus is expected for 2-3 days after surgery, and the dressing may need to be changed frequently during the first 24 hours following surgery. In case of profuse nasal bleeding, spray 6 sprays of Afrin nasal spray (oxymethazoline) inside the nose (you can purchase this at your local pharmacy) and eat ice chips. The cold from the ice chips will typically help stop the bleeding. If the bleeding continues for more than 10 minutes please call our office.
4. Do not blow your nose until cleared to do so. Cough and sneeze with your mouth open.
5. There may be swelling and faint bruising beneath the eyes. This generally fades within a few days. Application of ice or a bag of frozen peas for 15 minutes three times a day will help reduce bruising and swelling.



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6. Take the pain medication (Norco) as prescribed. You may Tylenol (Acetaminophen) instead if the pain medication is too strong or causes nausea. Take EITHER Norco or Tylenol every 4-6 hours but not both together to avoid Acetaminophen overdose.
7. Constipation is a common side effect of pain medications. Take a stool softener like Colace which you can buy over the counter. If Colace is not enough to alleviate the constipation, you can add Milk of magnesia. Avoid straining with bowel movements.
8. Sleep with an extra pillow or two, elevating your head slightly. You do not need to sleep sitting up in a chair.
9. Start the antibiotics (Keflex) which were electronically sent to your pharmacy the day after surgery. Antibiotics are used in the initial post-op period to prevent infection while the nose is healing and to PREVENT A SERIOUS INFECTION CALLED TOXIC SHOCK SYNDROME. Make sure that you take the antibiotics until the splints and packing are removed in the office.
10. Any medications which thin the blood should be avoided. These include aspirin and aspirin-like products (Advil, Motrin, Excedrin, Alleve, Celebrex, Naproxyn).
11. There are no diet restrictions, but alcohol consumption is not recommended and tobacco use is prohibited as Nicotine decreases blood flow to the healing nasal tissues and can actually compromise wound healing. Please make sure that you have eaten something the morning of splint removal; low blood sugar may make you feel faint when the packs are removed.
12. No heavy lifting (nothing more than 10 lbs), no bending or stooping to lift, and no vigorous exercise until after you are seen in our clinic in 7 days for your first post-operative visit.
13. You can expect to have a stuffy nose until the packing and splints are removed. After the splints are removed you may still experience some intermittent congestion for up to 2 weeks. Your sense of smell will be diminished during this time, and sense of taste will also be affected. There may be some tenderness or numbness in your upper teeth. You may express old clot and discolored mucus from your nose for up to 3-4 weeks after surgery, depending on how frequently and how effectively you use the saline nasal spray and irrigate your nose with the saline Neil Med bottle. You should start irrigating with a Neil Med bottle after the splints are removed. Until the sprays are removed, you should use 3 saline sprays in each nostril 4 times daily at least.



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14. Signs of a post-operative infection, which may occur within the 6 weeks after surgery, include fever, foul odor in the nose, discolored nasal secretions, facial pain and pressure, and a cough. If any of these signs develop, call our office.

15. You will need to make a post-operative appointment to see Dr. Caballero in 1 week after your surgery. Please make sure that someone drives you to the appointment. You may want to take a pain tablet before the appointment to make your experience more comfortable.