

S.C.E.N.T.

Southern California Ear, Nose and Throat
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Post-Operative Instructions for Nasal Fracture

Procedure:

A nasal fracture is also called a broken nose. This occurs when any of the bones of your nose are broken. The nose is the main gateway to the respiratory (breathing) system. Common signs and symptoms may include a bump, cut, bruise, swelling, or deformity on your nose. You may also have trouble breathing, smelling, or talking. With treatment, care and follow-up, your nasal fracture can heal, and its symptoms relieved.

Incisions are made inside the nose and the nasal bones straightened out. The nasal septum is also straightened through incisions inside the nose. At the end of the procedure, a splint is applied to the outside of the nose and packing may be placed inside the nose.

INSTRUCTIONS FOR HOME:

Diet: A very light diet should be maintained to prevent nausea

Activity: Rest: It is still necessary to limit activity to prevent bleeding. Specifically patients should not bend over or lift anything heavy.

Sports: Avoid playing contact sports, such as hockey, baseball, basketball, or football, while your nasal fracture is still healing. The bones in your nose or face may break again, bleed, or bruise easily. Talk to your surgeon before you start to play contact sports again.

It is okay to sniff, but you should not blow your nose during the first week after the surgery.

Care: The eyes will become black and blue again after the fracture reduction. This should clear within two weeks.

Apply an ice pack to your skin on top of the swollen part to decrease swelling, pain, and redness. Keep your head elevated.

Mouth Care: You may need to clean your mouth every day. Cleaning your mouth will remove pieces of food or dried blood, and clean your teeth.

Splint Care: Your surgeon may put splints inside or over the top of your nose for support and protection. This will help the nasal bones heal the right way. Ask

your surgeon for more information on splint care. Prescriptions will be given for pain medications, antibiotics, and possibly anti-nausea medications. Antibiotic ointment (Neosporin, Polysporin, Bactroban, etc.) should be used on a Q-tip to coat the inside of the nose twice a day. This is not necessary if a septoplasty was performed in conjunction with the nasal fracture repair.

DO NOT USE ASPIRIN OR IBUPROFEN PRODUCTS SUCH AS ASPERGUN, ALEVE, MOTRIN, OR ADVIL AS THEY CAN CONTRIBUTE TO BLEEDING. AVOID SUCH HERBALS AS GINSENG, GINGKO, OR GARLIC SUPPLEMENTS

Contact us:

F for more than 12 hours and Tylenol is

not responding

If you continuously to have nosebleeds, some bleeding is to be expected in the the first week after your surgery

If you have a headache and it is getting worst even after taking pain medications

If you skin is itchy, swollen, and has a rash

If your splints become loose

If you have blood clots inside the nose or swelling on the septum (the wall between your nostrils)

If you have trouble breathing, smelling, or talking. Some of this is to be expected in the first week after your surgery

Seek Care Immediately:

If you have a grape-like swelling on the septum. This is a collection of blood that must be drained to prevent infection

If you have bleeding from your nose that does not stop even if you keep on pinching your nostrils

If you have clear fluid draining from your nose.

Follow-Up:

Schedule the patient for a follow-up appointment in our office 1-2 weeks after surgery.

If you have any questions, problems, or need to schedule (or reschedule) an appointment, please contact our office at 562.427.0550