

Closed Nasal Fracture Reduction - Post Operative Instructions

Surgery

Closed nasal reduction can be done in the office with local or general anesthesia, typically for less than one hour.

If you have local anesthesia, you may have numbness of the nose, face, throat and upper teeth for 1-2 hours after surgery.

If you have general anesthesia, you may be sedated for several hours after surgery and may remain sleepy for the better part of the day. You may have nausea or vomiting, but it usually goes away by the evening of surgery without additional medication. Almost all patients can go home the day of surgery.

After Surgery

- You will have a cast over your nose after surgery. It's fine to shower as usual with the cast in place. Leave the cast in place until your follow-up appointment unless it falls off by itself
- Bloody nasal drainage is normal after surgery for 1-2 days. Drainage may flow from the front of the nose and down the back of the throat. Make sure you spit out blood drainage that drips down the back of your throat to prevent nausea/vomiting. You will have a nasal drip pad/sling with gauze to catch drainage from the front of your nose. The dressing may need to be changed more frequently during the first 24 hours following surgery
- You will notice facial pressure and fullness as a result of the nasal bone movement for a few days after surgery
- Do not blow your nose for 1 week after surgery. Avoid lifting more than 10 lbs. and no vigorous exercise for 1 week after surgery

Medication

Mild pain medications are sometimes prescribed for pain if needed. Mild pain and pressure in the nose is normal after surgery but some patients do not have any pain at all. Pain medications can cause nausea, which can be prevented if you take them with food or milk.

You can use 2 nasal sprays for use after surgery if needed: Afrin can be used up to 2 times a day to reduce bloody drainage from the nose for the first few days after surgery. Saline/salt water spray can be used to prevent crusting inside of the nose.

Take all of your routine medications as prescribed, unless told otherwise by your doctor. Any medications that thin the blood should be avoided. These include aspirin and aspirin-like products (Advil, Motrin, Excedrin, Aleve, Celebrex, Naprosyn).