



Ear, Nose & Throat Consultants of North Mississippi

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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.

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-op visit. You generally may return to work or school the day 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 one week after surgery, as these may increase the possibility of bleeding. Apply bacitracin or polysporin to each nasal vestibule twice daily.

Packing:

You will have a splint on the nose as well as 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 Qtips. Do not blow your nose until you are seen for your first post-op appointment. 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 op appointment that was made for you. If you have any questions or concerns, please contact our office at 662-234-1337.