



Nasal Fracture

Post-Op Instructions



PAIN: Take prescribed pain medication as directed. Transition to acetaminophen every six to eight hours as tolerated within the first week after surgery. If on prescription pain medication, you may be prone to constipation. 100mg of Colace, twice a day, or one full cap of Miralax per day, is advised (both are available over-the-counter). You will want to take the pain medication with food to avoid an upset stomach. To help reduce pain, sleep with your head elevated 30 degrees for two to three days after surgery. Applying an ice pack to nose and eyes during the first 48 hours after surgery helps decrease swelling and pain.



OTHER MEDICATIONS: Do not use aspirin or anti-inflammatories, including ibuprofen, Motrin, Advil or Aleve unless otherwise instructed by your surgeon. These medications can contribute to bleeding. You may use Afrin nasal spray twice a day for three days only. This helps with mild bleeding and congestion. Do not continue to use it beyond the first few days after surgery.



WOUND CARE: You may see some spotting from your nose over the next several days. Do not insert tissue or cotton into your nose. Instead, you may place a gauze dressing beneath your nose and tape it in place. This is called a mustache dressing. If you have a splint over your nose, keep it in place and this will be removed at your first post-op visit. If it has fallen off before then, that is okay. There is no need to have it replaced.



MUCOSAL MANAGEMENT: You are encouraged to use saline spray throughout the day to help keep your mucosa moist and wet to prevent crusting. Gentle saline irrigations are helpful for crusting and mucus build-up. You can find nasal irrigation kits at our office or at your local pharmacy. Follow the directions on the box for proper use. Frequent hot showers and humidifiers are great ways to help with congestion.



ACTIVITY: Refrain from any strenuous activity, heavy lifting, or nose blowing for one to two weeks. If you need to cough or sneeze, do so with your mouth open. No contact sports for six weeks; or as otherwise instructed by your surgeon. Your nose will be tender for about six weeks after surgery. Try to avoid getting hit in the nose by small children or pets. You may return to work or school when you are no longer using prescription pain medication. You may drive as long as you are not using prescription pain medication.



SMOKING: Smoking can significantly affect the outcome of your surgery. Smoking causes increased scar tissue and poor healing that may lead to further problems. We strongly encourage you to stop smoking, or at least refrain from smoking for three to four weeks after surgery. If you need assistance with smoking cessation, please call our office for recommendations.

LET US KNOW IF YOU HAVE:

- Excessive nosebleeds that you cannot get stopped after holding 10 minutes of pressure
- A headache and it is getting worse even after taking pain medications
- A bulge or swelling on your septum (midline divider of your nose)
- Clear fluid draining from your nose
- Changes in vision

WE ARE HERE FOR YOU

Please don't hesitate to contact our office at 518-701-2000, if you have any questions or concerns. We are happy to assist you.