

CLOSED REDUCTION OF NASAL FRACTURE

Post-Operative Care Instructions

WHAT TO EXPECT

It is normal to have

- Minimal throat discomfort after surgery
 - Neck and referred ear pain for up to 7 days after surgery
 - Bad breath that should diminish within 3 weeks after surgery.
 - A low-grade fever between 99 and 101 degrees F that can will worsen with poor fluid intake
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MEDICATIONS

- Tylenol® may be used for pain according to package directions every six (6) hours as needed. Do not take Motrin® or Aspirin® during the post-operative period unless cleared with our office
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DIET AND ACTIVITY

- Head should be elevated on pillows
 - Ice should be carefully applied to eyes and cheeks, taking care not to get external nasal splint wet
 - Patient should not blow nose or wear glasses for up to six (6) weeks after surgery
 - Patient should avoid strenuous activity, gym or heaving lifting for up to six (6) weeks
 - **Patient must stay hydrated. Drinking fluids is essential to reduce pain and promote healing.**
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PLEASE CONTACT US IF YOU EXPERIENCE THE FOLLOWING:

- Heavy, continuous, or bright red bleeding that does not stop
 - A high fever or severe headache
 - Sudden shifting of the nasal bones or the splint falling off prematurely
 - Clear watery fluid dripping from the nose
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FOLLOW-UP CARE

A post-operative visit should be scheduled approximately **3 months after surgery**

QUESTIONS?

Please call our office at **(201) 996-9200** with any questions or concerns.