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Postoperative Instructions for Closed-Reduction Nasal Fracture

- A “Closed Reduction” can be performed when the bones have not yet healed in the “wrong place”, typically within 10 days. Manipulation of the bones is done under anesthesia followed by a splint on for one week to hold the bones in proper position.
- For 10 days prior to surgery and 7 days following surgery, do not take any aspirin or aspirin products, including Alka-Seltzer, Aspergum, Ibuprofen, Advil or Motrin. Tylenol is permitted. Please call your pharmacist with any questions.
- Take your prescribed pain medication as directed following surgery for any pain or discomfort.
- Tooth tenderness, lip/cheek pain/numbness, slight swelling, congestion, and headache are common following procedure.
- Start with clear liquids and advance to a soft diet, then a regular diet as tolerated. Drink plenty of fluids, about 8-10 glasses daily.
- Keep your head elevated use extra pillows (2-3) or you may sleep in a recliner.
- You may or may not have nasal packing in place, and a gel-pack (dissolvable packing) is used. If you do have nasal packing that needs to be removed, Dr Amble will instruct you when to remove it. Before removing the packing you need to wet it with saline spray. You can do this by spraying the packing or laying on side and dripping saline into packing. Make sure packing is saturated. To remove packing pull stings firmly with steady pull. There will be some discomfort, once packing out it will go away.
- It’s normal to have some nasal drainage/bleeding. Wear a “mustache dressing” during this time and change it as needed. You may remove the dressing while eating. It’s not uncommon to change the dressing 8-12 times during the first 12 hours, following surgery.
- If the dressing becomes saturated with blood and needs to be changed more than 5 times in one hour, or if there is a constant trickle of blood down the back of the throat, use 2-3 sprays of Afrin and call your doctor immediately. (309)585-0370.
- Use saline spray (Ocean Spray) 6-10 times daily to keep nose moist starting the day following surgery.
- Start irrigating your nose with the Neil Med saline rinses 1-4 times daily, 1 day following surgery if there is no nasal packing in place. If you have nasal packing, start irrigating immediately after packing removal.
- No nose blowing for 1 week following surgery and do not rub your nose for 6 weeks. You may blot the nose gently with a tissue. Sneeze through your mouth 1 week following surgery.
- No nasal steroids for 3 weeks (Rhinocort, Nasacort AQ, Flonase, and Nasonex).
- Avoid nose trauma- no balls, dogs, children, contact sports, etc. Do not lift heavy objects, strain, bend down from the waist, participate in vigorous activities or exercise for 1 week following surgery.
- If you have heavy bleeding, foul smelling drainage, double vision, severe pain or headache, severe facial swelling or if you have any questions or concerns, please call the office at (309)585-0370 any time.