Nasal Fracture Surgery Post-Op Instructions

1. Change the moustache dressing as often as needed. Some oozing of blood and mucus is expected for 2-3 days after surgery, and the dressing may need to be changed frequently during the first 24 hours following surgery. There may also be some bruising around the nose and eyes. In case of profuse nasal bleeding, apply ice to the bridge of the nose and pinch the nose just above the tip and hold for 10 minutes. You can also buy OTC nasal sprays such as Afrin or Neosynephrine as spray 3-4 sprays into the bleeding side; if bleeding continues, contact your doctor through the office or answering service.

2. **Do not** blow your nose until cleared to do so.

3. Take pain medication as prescribed. It is OK to substitute Tylenol if the pain medication is too strong or causes nausea. It is important to stay well hydrated after surgery. Constipation is a common side effect of pain medications. If you experience this you may take a mild over the counter laxative. Avoid straining with bowel movements.

4. Sleep with an extra pillow or two, elevating your head slightly. You **do not** need to sleep sitting up in a chair.

5. The external nasal dressing will be removed at the first follow up visit. If it falls off on its own leave the underlying bandages in place.

6. Saline (saltwater) nasal spray (Ayr, Ocean, Neti Pot, Neil med) may be used in place of blowing your nose after surgery and may be used as needed.

7. Take all of your routine medications as prescribed, unless told otherwise by the doctor; any medications which thin the blood should be **avoided for 48 hours after surgery.** These include Advil, Motrin, Excedrin, Alleve, Celebrex, Naproxyn. Aspirin should be avoid for 1 week after surgery. Migraine medications should be used cautiously as they can interact with narcotic pain medications.

8. There are no diet restrictions, but alcohol consumption is not recommended and tobacco use is **prohibited** as Nicotine decreases blood flow to the healing nasal tissues and can actually compromise wound healing. Please make sure that you have eaten something the morning of splint removal; low blood sugar may make you feel faint when the packs are removed.

9. No heavy lifting (nothing more than 10 lbs), no bending or stooping to lift, and no vigorous exercise until cleared by the physician.