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Sinus Disorders
Pediatric ENT Care
Ear Injuries & Disorders
Thyroid Problems
Hearing Loss
Facial Plastic Surgery
Voice Disorders
Acid Reflux

Nasal Fracture Repair

Diet

Patients may resume a regular diet without restrictions. Many patients note a scratchy throat for the first day or two and may prefer soft foods initially.

Activity

Light to moderate activity is recommended. Avoid heavy lifting and straining for the first week after surgery. Nose blowing should be gentle and minimal. Forceful nose blowing may lead to nasal bleeding. Elevating the head while resting or sleeping may be helpful.

Packing/External Splints

Your surgeon may place packing and is generally absorbable. If packing is not absorbable, do not remove unless instructed by your doctor. External splints should be kept dry for at least 48 hours. Thereafter can get wet. These splints should be kept on until follow up appointment.

Nasal Saline Sprays

Your physician may recommend mechanically cleaning the nose and sinuses with saline. This can remove blood and mucus from the nose and help with healing after surgery. Nasal saline spray (such as Ayr or Ocean spray) is available over-the-counter.

Bleeding

Some bloody nasal and postnasal drainage after nasal surgery is expected. You should expect light bloody drainage for the first 1-2 days. Please call the office if your bleeding becomes excessive. In general, the drip pad should not be saturated more frequently than every 15 minutes. If there is mild bleeding or if instructed to do so by your physician, it is important to use Afrin nasal sprays: 5 sprays each nostril three times daily for up to 3 to 4 days.

Pain

Some pain after nasal surgery is expected. It is generally of moderate severity. Please take the pain reliever medication as prescribed by your physician. Over-the-counter acetaminophen (Tylenol) may be used. Some temporary numbness of the upper teeth may occur. Do not take products containing aspirin or aspergum for 2 weeks. You may take ibuprofen (Advil, Aleve, Motrin) if instructed to do so by your physician.

Fever

Low-grade fever after nasal surgery is common. Please notify our office if your temperature is 101°F or higher and does not respond to ibuprofen or acetaminophen.

(Continued next on next page)

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Nasal Fracture Repair (continued)

Nausea/Vomiting

Some patients may experience nausea and/or vomiting after surgery. Your physician may prescribe medication for nausea. Please call to speak with our nurse if you need help managing nausea or vomiting.

Nasal Congestion

Severe nasal congestion is to be expected after nasal surgery due to swelling and sometimes due to nasal packing. You may use decongestant sprays or decongestant pills (Sudafed) for some relief if tolerated. Please read the packaging as decongestants are not recommended with certain medical conditions, including hypertension and heart disease. Saline spray and elevating the head of the bed may also help.

Medications

Patient should resume regular medications after surgery, except aspirin-containing products.