



CLOSED REDUCTION NASAL FRACTURE

Closed reduction of nasal fractures can be done in the office after numbing the nose with sprays, packing material, and injections, or it can be done under general anesthesia.

PAIN: To help reduce pain, sleep with your head elevated 30 degrees with a pillow or reclining chair for 2-3 days after fracture reduction. This will keep your head above your heart and decrease the swelling in your nose. Applying an ice pack (such as a frozen bag of peas), 15 minutes each hour while awake to your nose and eyes during the first 48 hours after surgery helps decrease swelling and pain. If you are having trouble with dry mouth, use a cool mist humidifier while sleeping. Motrin and/or Tylenol should control the pain and swelling. If there is excessive swelling accompanied by increased bruising and pain, especially on one side, call your physician.

WOUND CARE: You may have sporadic bleeding for the next several days. Do not insert cotton or paper into your nose as this may damage the result of your surgery. Do not allow the cast on your nose to get wet. The cast will be removed at your post op visit 4-5 days after the fracture reduction.

You should purchase a nasal saline spray such as Ocean spray. Use this spray every two hours while awake. Using the saline spray keeps the nasal membranes moist, helps loosen old blood/crusts and helps the healing process. Bacitracin or other antibiotic ointments applied just inside the nostrils will melt with your body temperature and line the nasal passages, keeping them moist. This should be done 3 times a day.

Avoid strenuous activities and blowing your nose for several weeks. Your nose may be tender for up to six weeks.

RISKS:

- The nose will not be perfectly straight, but should be much improved.
- If the nose is not straight enough (and up to 50% of the patients feel this way), then a proper rhinoplasty (“nose job”) may be required around nine months later after you are completely healed.
- Your nose will be fragile for 3-4 weeks, so please avoid bumping it. The nose is usually tender for up to 6 weeks.

WHEN TO CALL:

- Worsening pain

- Extreme headaches
- Vision changes
- Continued bleeding of bright red blood
- Vomiting of bright red blood
- Persistent nausea/vomiting
- Temperature greater than 101 F and chills
- Drainage of pus from the nose
- Signs of dehydration
- Excessive diarrhea/constipation
- Chest pain or shortness of breath-GO TO THE EMERGENCY ROOM

FOLLOW UP APPOINTMENTS ARE IMPORTANT. PLEASE CALL OUR OFFICE AT 801-328-2522 TO SCHEDULE AN APPOINTMENT AS DOCTORS SCHEDULES DO FILL UP QUICKLY.

Please schedule your follow up appointment for 4-5 days after fracture reduction.