



Closed Reduction Nasal Fracture

Postoperative Instructions

What to expect:

- You may feel tired and experience a sore throat, headache or pain in the nose or face. You will have a splint on the nose. Do not get the splint wet. Keep the nasal splint on until your doctor appointment in a week. Your doctor will remove the splint then. You may experience a small amount of blood or mucous to drip from your nose on the first day.

Activity:

- Limit activities on the day of surgery. Normal activities may be resumed including work or school the day after surgery. Rest if you feel tired. **Avoid heavy physical activity and contact sports until cleared by your doctor.**

Diet:

- Eat lightly for the first meal then increase as tolerated. If nausea or vomiting occurs, have clear liquids until nausea subsides.

General Instructions

- Acetaminophen (Tylenol) may be taken for relief of discomfort. If prescribed a pain medication take as directed by your physician.

Call the Doctor

- Severe pain not relieved with pain medication
- Fever over 101°
- Excessive bleeding from the nose or mouth
- Any other serious concerns

Follow Up:

- Please call our office at **(909) 466-8400** to schedule a follow up appointment in a week or if you have any problems or questions.