

## Nasal Fracture Repair

### Postoperative Instructions

#### Special Instructions

- Start nasal saline (NeilMed® Sinus Rinse) the day of surgery. Use 3-4 times daily until your first follow-up visit. This will help prevent crusting inside your nose and improve healing time.
- Do not blow your nose the first week.
- You may shower the day after surgery, but keep your nasal splint dry until its removal. This splint is intended to stay on for one week, but can fall off prematurely. Should this occur, re-apply the splint nightly with tape.
- Do not drive while taking narcotic pain medications.

#### Medication

- Use prescribed narcotic pain medication as directed. You may supplement with Motrin® as needed.
- If you were previously taking aspirin or other blood-thinning agents, discuss with your surgeon when to restart them.

#### Activity

- Limited activity for one week. Do not lift >30 pounds. You may do some limited aerobic exercise as tolerated.
- No contact sports for one month.

#### Diet

- No restrictions.

#### Postoperative Follow-up Appointment

- Usually one week after surgery, at which time any nasal dressing or splint will be removed.
- Call 636.441.3100 should you need to reschedule or confirm your appointment time.

#### What to Expect

- Minor bloody discharge from the nose is to be expected for up to one week after surgery. Should you experience a true nosebleed, lay in a reclined position, instill 2 sprays of Afrin® to each nare, and hold pressure for 10 minutes. Call the office at 636.441.3100 should it fail to resolve.
- Discomfort will gradually improve over the first week.

#### When to Call

- Call the office at 636.441.3100 during routine hours for questions, concerns or medication refill requests. Please remember that pain medications will only be refilled during regular office hours.
- After-hours and weekend calls should be limited to urgent and emergent issues such as the following:
  - Excessive bleeding
  - Fever >101.4° that does not respond to Tylenol® or Motrin®.
  - Adverse reactions to prescribed medications, such as rash or vomiting
- Should you choose or be instructed to go the ER for any reason, we ask that you go to either St. Joseph Hospital-Lake St. Louis or Barnes-Jewish St. Peters Hospital.