



Post-operative Instructions Following Reduction of Nasal Bone Fracture – Adult

Medications

- You may take Tylenol every 6 hours and alternate with Ibuprofen every 6 hours. For example: Tylenol at 9a, Motrin at 12p, Tylenol at 3p, Motrin at 6p, etc.
- Take narcotic pain medication as needed if prescribed.
- Use sterile saline spray at least three time per day to keep the nose moist.
- Resume all other medications unless otherwise noted.

Activity

- The patient should engage in only moderate activity.
- Avoid strenuous activity, lifting anything over 5 pounds for 1 week.
- Avoid any activity that could potentially involve contact to the nose.
- Keep nasal cast dry and in place on nose. If nasal cast falls off, do NOT replace.
- Avoid manipulating nose or blowing nose until follow up.
- Ok to return to work or school as tolerated.

Diet

- Advance diet as tolerated.
- It is importance to stay hydrated. Please ensure ample fluid intake following surgery.

Bleeding

- It is common to have bruising present around the nose and eyes following surgery.
- Small amounts of dark bloody nasal drainage is expected for the first week.
- Profuse bright red bleeding from nose or mouth should be reported to the physician immediately. Afrin nose drops may be used if you experience any bright red bleeding.

When to Call the Doctor

- Bleeding
- Fever higher than 101.5 orally
- Visual changes
- Unusual nasal, facial, or head pain

Please contact our office at [478-743-8953](tel:478-743-8953) if you have any questions or concerns.

Please attempt to contact our office first so that we may advise you appropriately. If for any reason, you are unable to reach our office or your surgeon in an emergency, please go to the nearest emergency room.