**Postoperative Instructions for Closed Nasal Fracture Reduction**

**What Can I expect?**

* Mild nasal or facial pain is expected after surgery and is well managed with Tylenol except in the most unusual circumstances.  Some bloody discharge is possible.  For the first two days, Afrin nasal spray can be used to treat minor bleeding.  Call if the bleeding persists.
* Stuffiness in the nose is expected and will gradually resolve in the first few weeks. Using nasal saline frequently can help.
* Some bruising after surgery is to be expected. The amount of bruising that occurs varies significantly from one individual to the next. Most swelling occurs around the eyes and reaches a peak the second day following surgery and then steadily improves.
* Avoid blowing the nose for 1 week after surgery because it can shift the nasal bones and compromise your final result. If you feel the urge to sneeze, sneeze with your mouth open, as this will minimize any disturbance of the nasal tissues.
* Typically, a rigid external nasal dressing/splint covered with brown tape will be placed during surgery. The splint is removed 5-7 days following surgery.
* The dressing must be kept dry or the external splint may be disrupted, again compromising your final result. Bathing is permitted but soaking the nasal area and dressing is to be avoided.
* If you wear glasses, the nurse will need to instruct you on the use of alternate methods for suspension of the glasses. Glasses can be worn over the external splint. However, after removal of the splint, glasses should not rest on the nose for 4-6 weeks after surgery. It is also important to note that your glasses may need to be refitted because alterations in the shape of the nasal bridge may change the resting place for the glasses.
* Vigorous exercise is prohibited for at least two weeks following surgery because elevation of blood pressure and heart rate during exercise can increase swelling and affect the way the bones heal.  The nasal bones will not be completely healed for a full 6 weeks.
* Take Tylenol as needed for pain.  After 3 days, it is safe to take Ibuprofen if needed for pain.
* You should schedule an appointment for follow-up in 5-7 days from surgery.

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