

Nasal Fracture Post-Operative Discharge Instructions

Diet:

Resume your regular diet. Start slow and bland (crackers, toast), then work up to normal foods.

A higher protein intake is recommended to help your body heal. Consider adding protein bars, powder, or shakes to your daily intake.

It is important to drink plenty of fluids so that you do not become dehydrated.

If you have any pain or soreness in your jaws with chewing, stick to soft foods only (yogurt, pudding, applesauce, cottage cheese, eggs, well cooked pasta, etc.) or anything that can be blended.

Wound Care:

Leave dressings in place until follow-up

This includes the splint on top of your nose that is helping protect the bones, and the packing inside your nose that is holding the bones up in the right place. Do not remove this packing.

You may have additional splints sewn inside your nose to help keep your septum straight. Do not remove these. Your surgeon will do so when appropriate in your follow-up (usually 1-2 weeks).

It is okay to shower 24 hours after surgery, but try and avoid water running over your nose and splints. If you have other incisions or laceration repairs, okay for soap and water to lightly run over area, but do not soak area or submerge under water. After your shower pat areas dry, apply antibiotic ointment to the incisions/repair sites 2-3 times daily for one week. Cover with band aid or other non-stick pad (telfa) and tape if desired

It is okay to use saline nasal spray in each nostril as needed to help clear any blockages.

Avoid blowing your nose. Instead, gently dab or wipe away mucus at your nostrils.

Okay to place a cotton/gauze "drip pad" under your nostrils as it is normal for some bloody drainage to occur in the first few postoperative days. Change as needed.

Do NOT smoke or use tobacco products. It WILL impair your healing and increase your complications.

Activity:

No strenuous activity or straining until cleared by your surgeon at follow-up.

Do not lift anything heavier than 5-10 pounds (a gallon of milk).

Avoid activities that may risk injury to your surgical site. This includes avoiding nose and pillow contact at night.

No driving while taking narcotic pain medications.

Keep head elevated above your shoulders at all times for next 3 days.

Medications: See Patient Visit Summary for list of medications. Take all of your antibiotic(s) if prescribed. Avoid Aspirin and NSAIDs (motrin, advil, ibuprofen, aleve) for the first week after surgery, then okay to start taking.

Pain medication: You may be prescribed Percocet or Norco for postoperative pain unless allergic or intolerant.

Antibiotic: You may or may not be prescribed an antibiotic depending on the injury

If you are taking narcotic pain medications you may experience some constipation. Drink plenty of water and eat plenty of fiber in your diet. Consider a fiber supplement such as Metamucil®, FiberCon®, or Citrucel®. It is okay to take over the counter stool softeners once or twice daily such as Docusate or Colace® found at your local drug store. It is also okay and recommended to take MiraLAX® to help relieve postop constipation for the first 1-2 weeks until you feel regular again. Milk of Magnesia and Magnesium Citrate are additional over the counter items that can help with temporary constipation.

Other:

It is normal for some swelling to persist at your fracture site for up to 6 months. Be patient.

Follow up: Your surgeon in 7-10 days. Call office for specific appointment date and time if you do not already have one.

Office contact number: 314-501-9100

Other Instructions:

Should you experience any of these symptoms call the office:

- Fever of 102 degrees Fahrenheit or greater
- Persistent pain, nausea, or vomiting.
- Persistent bleeding.
- Shortness of breath.
- Significant redness or drainage from your incision.
- Significant leg swelling or calf pain
- Any other questions or concerns.

During business hours (9am – 4:30pm) call:

Chesterfield Plastic Surgery Office: 314-501-9100

On nights or weekends call:

Hospital exchange: 866-830-0636

Seek immediate medical care (ER or call 911) if:

You have difficulty breathing.

You feel like your airway is closing or hear a high-pitched sound when you try and breathe.

General Postsurgical Instructions

You may expect to feel dizzy, weak, and drowsy for as long as 24 hours after receiving the medicine that made you sleep (*anesthetic*). The following information pertains to your recovery period for the first 24 hours following surgery.

Do not drive a car, ride a bicycle, participate in physical activities, or take public transportation until you are done taking narcotic pain medicines or as directed by your caregiver.

Do not drink alcohol or take tranquilizers.

Do not take medicine that has not been prescribed by your caregiver.

Do not sign important papers or make important decisions while on narcotic pain medicines. Have a responsible person with you.