This sheet will tell you about post operative care for the nasal fracture repair patient. Please read these instructions carefully. If you have any questions or concerns, either before or following the surgery, please call the office at 540-347-0505.

The post operative patient will be discharged from the Outpatient Department of the hospital, after he/she is fully awake and the danger of serious bleeding is minimal. He/she may be drowsy and nauseated. Please allow the patient to rest as much as possible upon arrival at home.

**WHAT TO EXPECT AFTER SEPTAL SURGERY**

1. **Nasal Packing** -- Following surgery, there may be nasal packing in the nose and a small mustache dressing under the nose to absorb the drainage. The reason for the nasal packing may be due to a nosebleed after the procedure and/or need to have something inside the nose to help push the fractured nasal bone fragment up and outward (to prevent the fractured nasal bone piece from falling back into the nose). Nasal packing generally is removed about 1-2 weeks after the procedure.

2. **Nasal Congestion** -- For the first week after surgery, swelling of the mucous membranes of your nose will make your head feel stuffy. Please be patient because the stuffiness will gradually decrease over the next few weeks. After this, the improvement in your nasal breathing should be noticeable. Once the nasal packing (if present) is removed at the first office visit following surgery, much of the initial pressure will be relieved.

3. **Medications** -- Take the medications, as directed, that have been prescribed for you. Generally these include something for pain relief and something for nausea. Antibiotics may be prescribed if nasal packing is placed. Afrin is recommended to have on hand in case a nosebleed occurs in which case 2 sprays three times a day for 3 days is recommended.

4. **Nasal Splint/Cast** -- The nasal splint or case on your nose must be kept on for at least 2 weeks. Despite reinforcement at the time of surgery, the splint will start to fall off around 5-7 days. Use tape to keep the splint firmly in place on your face.

5. **Nasal Irrigation/Spray** -- Please spray your nose with Ocean Nasal Spray or other form of saline spray to help minimize nasal crusting.

6. **Post Operative Visits** -- It is very important to keep all post operative appointments.

**PRECAUTIONS DURING THE FIRST WEEK**

**Activity** -- Activity may be gradually increased. Normal activities may be resumed once narcotics are no longer taken. Keep your head elevated > 30 degrees when sleeping. Place an ice pack over your nose/face as much as possible in repetitive 20 minute intervals while awake (20 minutes on, 20 minutes off). This will help with swelling.

**Do Not Blow Your Nose** -- It is important that you do not blow your nose. You may sniff back secretions. Blowing your nose places too much pressure on the operative site and may cause bleeding. Usually you may blow your nose after the first or second visit to the office. Please check with the doctor while you are in the office to obtain clearance.

**Sneezing** -- If you must sneeze, do so with your mouth open. This will reduce pressure and discomfort to the operative site.