

Closed Reduction Nasal Fracture Post Operative Instructions

- What to expect:** You may feel tired after surgery and experience a sore throat, headache or pain in the nose or face.
- You will have a splint on the nose. Do not get the splint wet. Your doctor may remove the splint in the office or direct you to remove it at home.
- You may experience a small amount of blood or mucous to drop from your nose on the first day.
- Activity:** Limit activities on the day of surgery. Normal activities may be resumed including work or school the day after surgery. Rest if you feel tired.
- Avoid heavy physical activity and contact sports until cleared by your doctor.**
- Diet:** Eat lightly for the first meal then increase as tolerated. If nausea or vomiting occurs, have clear liquids until nausea subsides.
- Pain:** Acetaminophen (Tylenol) may be taken for relief of discomfort. If prescribed a pain medication take as directed by your physician.

Call University Otolaryngology at 401-885-8484 if:

- Severe pain not relieved with pain medication
- Fever over 100°
- Excessive bleeding from the nose or mouth
- Any other serious concerns