

## **EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY**

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### **NASAL FRACTURE REDUCTION**

#### *>>PATIENT INSTRUCTIONS >>*

Please read and familiarize yourself with these instructions both **BEFORE** and **AFTER** your procedure. By following them carefully, you will assist in obtaining the best possible result from your surgery. If questions arise, please contact our physicians or nurses.

#### **PRE-OPERATIVE:**

- Do not take any aspirin or aspirin-containing drugs, ibuprofen or ibuprofen-containing drugs prior to surgery. Examples of these include Aspergum, Darvon, Fiorinal, Norgesic, Advil, Motrin and many over-the-counter cough and cold preparations. Additionally, you should not take any nonsteroidal anti-inflammatory drugs such as Naprosyn which have a similar effect. If you are on this type of medication, please discuss this matter directly with us before stopping it.
- Do not eat or drink anything, including water, after midnight prior to surgery.
- Use **AFRIN NASAL SPRAY** as directed pre-op. Our physician will provide you with prescriptions for medications to take at home following surgery. Please be prepared by filling your prescriptions prior to your surgery. Take only the medications prescribed by your physician(s).
- Call our office at 610-363-2532 if you have any questions about your surgery.

#### **POST-OPERATIVE:**

- Any pain medications prescribed by our physicians are safe to use in the post-operative period. For children, liquid acetaminophen (brand names Tempra and Tylenol) may be used with the dosage determined by the age of the child. Adults may use tablets or capsules of acetaminophen with the same brand names.
- Most nasal packing is now completely absorbable. Do not disturb intranasal packing if present. With scissors, carefully trim any packing which may come out of the nose.
- Change dressing under the nose (if present) as needed. Use folded gauze 2x2's and ½ inch non allergic tape.
- If an external splint was applied to the nose, do not disturb or remove this. It maintains the reduced position of the nose and stabilizes the nose during healing. It will be removed by the physician at the time of your appointment, seven to ten days after surgery.
- Do not blow your nose until instructed. Wipe or dab the nose gently with Kleenex if necessary.
- Sleep with your head elevated on two or three pillows. Avoid sleeping on or rolling over on your face or nose.

- Avoid foods that require prolonged or excessive chewing. No other diet restrictions are necessary.
- In the immediate post-operative period (7-10 days), supplemental humidity as supplied by a cold water humidifier will help in your comfort. This is especially important during cold weather months. It is important to clean your humidifier daily, following the manufacturer's instructions.
- Avoid extreme and strenuous activity. Obtain more rest than normal. Most patients stay out of work or school for about two days. Circumstances surrounding your employment might allow you to return sooner or require that you stay out longer.
- Brush your teeth gently with a soft toothbrush and avoid manipulation of the upper lip.
- Take tub baths until the dressings are removed. No hot showers. If you absolutely must shower, be careful to avoid splashing water on your face and dressings.  
***DO NOT GET THE NASAL DRESSINGS WET*** until your nasal splint is removed. Have someone wash your hair for you. This should be done with your head extended backwards so that washing and rinsing will be done away from the face.
- Wear clothing that fastens in the front or back for one week. Avoid slipover sweaters, turtlenecks, etc.
- Absolutely avoid the sun and sun lamps for two weeks after surgery. In addition, extremes of heat or cold may irritate the nose and may cause it to swell upwards of twelve weeks after surgery.
- Do not swim for three weeks after surgery.
- Eyeglasses must not be worn in the standard fashion for at least three weeks after surgery. If you wear glasses, please notify us.
- Contact lenses may be worn within one week after surgery.
- After the nasal packing is removed, Bacitracin Ointment will be used around the nasal openings as well as nasal saline spray in each nostril.
- Do not be concerned if, following removal of the dressings, the nose, eyes and upper lip show some swelling and discoloration; this usually clears in one to two weeks. In certain patients, it may require six weeks for all of the swelling to completely subside.

If you have any questions concerning your comfort or care, please contact our office at 610-363-2532.