POST-OP CLOSED REDUCTION NASAL BONE FRACTURE SURGERY INSTRUCTIONS

DIET
- Resume regular diet.
- Avoid hot and spicy foods as this may increase nasal blood flow and oozing.
- Drink plenty of liquids.

ACTIVITY
- **DO NOT** blow your nose. Cough and sneeze with your mouth open if you need to do so.
- Avoid straining, bending, lifting, or vigorous exercise for 2 weeks.
- Keep the head of your bed elevated to reduce swelling for the first 72 hours.
- You may shower the day after surgery, but try to keep the splint dry.

GENERAL INSTRUCTIONS
- Bleeding from your nose will occur from time to time. Do not become alarmed. For excessive bleeding or bleeding that does not subside after 15 minutes, you should call the number above.
- Avoid any manipulation to the outer nose.
- You may place ice packs on your nose to alleviate swelling and discomfort. **DO NOT** place ice packs directly on nose. Wrap the pack in a cloth before application.
- An external splint will be placed on your nose. This should remain in place for 5–7 days and will usually fall off on its own. If it does not fall off, leave it in place and it will be removed at your first office visit.

MEDICATIONS
- Resume your normal medications.
- Take pain medications as needed for pain.
- **DO NOT** take aspirin or aspirin products. **NO** Advil, Motrin, Aleve, Ibuprofen for two weeks following surgery.
- **DO NOT** use any herbal medicines/diet pills for two weeks after surgery.

CALL THE OFFICE
- Fever greater than 100.4°
- Excessive nasal bleeding
- Sudden increase in pain