

NASAL FRACTURE CLOSED REDUCTION (Broken Nose)

Mendy Maccabee, MD performs closed reduction of nasal fractures in the office after numbing the nose with sprays, packing material, and injections, or it can be done under general anesthesia in the operating room.

PAIN: To help reduce pain, sleep with your head elevated 30 degrees with a pillow or reclining chair for 2-3 days after fracture reduction. This will keep your head above your heart and decrease the swelling in your nose. Applying an ice pack (such as a frozen bag of peas), 15 minutes each hour while awake to your nose and eyes during the first 48 hours after surgery helps decrease swelling and pain. If you are having trouble with dry mouth, use a cool mist humidifier while sleeping. Motrin and/or Tylenol should control the pain and swelling. If there is excessive swelling accompanied by increased bruising and pain, especially on one side, call your physician.

WOUND CARE: You may have sporadic bleeding for the next several days. Do not insert cotton or tissue into your nose as this may damage the result of your surgery. Do not allow the cast on your nose to get wet. The cast will be removed at your post op visit 5-14 days after the fracture reduction.

You should purchase a nasal saline spray such as Ocean spray. Use this spray every two hours while awake. Using the saline spray keeps the nasal membranes moist, helps loosen old blood/crusts and helps the healing process. Bactroban ointment applied just inside the nostrils will melt with your body temperature and line the nasal passages keeping them moist. This should be done at least 3 times a day. Do not use Vaseline, Neosporin or other petroleum based products inside your nose.

Avoid strenuous activities and blowing your nose for two weeks. Your nose may be tender for up to six weeks.

RISKS: • The nose will not be perfectly straight, but should be much improved. • If the nose is not straight enough (and up to 50% of the patients feel this way), then a full rhinoplasty (“nose job”) may be required around nine- twelve months later after you are completely healed. • Your nose will be fragile for 3-4 weeks, so please avoid bumping or injuring it. The nose is usually tender for up to 6 weeks.

WHEN TO CALL: • Worsening pain • Extreme headaches • Vision changes • Continued bleeding of bright red blood • Vomiting of bright red blood • Persistent nausea/vomiting • Temperature greater than 101 F and chills • Drainage of pus from the nose • Signs of dehydration • Excessive diarrhea/constipation • Chest pain or shortness of breath-GO TO THE EMERGENCY ROOM

GENERAL INFORMATION • DO NOT drive, make important decisions, use power tools, drink alcohol, tend children, or climb ladders for the first day or two after surgery. Your judgment or alertness is probably seriously impaired. • Fainting or lightheadedness may occur. Use caution and move slowly when getting up from a bed or chair. • Avoid strenuous activities or lifting any object heavier than 20 pounds for the next 2-3 weeks. Avoid bending at the waist as much as possible. These may contribute to bleeding. • Call our office with any questions or concerns. • In case of emergency go to the nearest Emergency Room or call 911.

FOLLOW UP APPOINTMENTS ARE IMPORTANT. Please schedule your follow up appointment for one week from your surgery or in office reduction. This is usually done at the time of your surgery scheduling or at your pre-operative appointment. If it was not please call to schedule or have them schedule when you are in the hospital recovering from your surgery.