



CommunityENT

EAR • NOSE • THROAT • ALLERGY

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Closed Reduction of Nasal Bone Fracture Post Operative Instructions

What is a Nasal Bone Fracture?

A nasal bone fracture is one of the most common facial bone injuries. Usually there is a history of a blow to the face either from a fall or a sports injury. There are 2 nasal bones. One on the right and one on the left. Because of the location, they are prone to injury in the distal (lower part) where the bone is thinner. Typically patients come in with tenderness, swelling, bruising, a change in breathing or a change in the nasal appearance. These fractures are time sensitive. All surgical intervention needs to be done no later than 10-14 days after the injury.

What happens during surgery?

During surgery, you are asleep under general anesthesia. The procedure is quite painful, which is why we do it in the operating room. The surgeon will inspect both nasal cavities. Then an instrument called an elevator is inserted into the nostril, pressure is applied under the depressed nasal bone. If the nasal septum is displaced, this can require additional surgery. After the depressed bone is in a normal position, a splint is applied to the outside of the nose to stabilize the nasal bone.

What are the possible complications?

Nasal bleeding is a complication of any nasal surgery. If you are bleeding, apply Afrin on a cotton ball and gently place it inside of the bleeding nostril. You can also apply ice to the bridge of the nose, pinch the nose just above the tip and hold for 10 minutes. If this does not stop the bleeding, call the office to speak to the physician on call.

What can I expect after surgery?

You will mostly likely have a splint on your nose for 3-7 days after surgery.

You may apply ice to the nose and eyes for swelling or bruising.

If you have a moustache dressing, you should expect some blood and mucous for 2-3 days after surgery. You may need to change the dressing frequently.

You can expect that your nose will be sore and might be stuffy for 3-5 days after surgery. Hot showers or saline spray may help reduce the congestion.

A humidifier or vaporizer may be used to prevent throat pain from mouth breathing.

It is normal to have some intermittent congestion for up to 2 weeks after surgery depending on allergy history etc. Your sense of smell and taste may be diminished during this time. You may experience tenderness or numbness in your upper teeth.

You can expect to get blood clots and mucus from your nose for up to 1 month after surgery.

Do not blow your nose or pull at any strings you see hanging from your nose. This could be suture material and can affect the result of your surgery.

What do I need to do at home

You need to rest quietly when you get home from surgery.

No heavy lifting (more than 10lbs), no bending or stooping to lift, and no vigorous exercise until you are cleared to do so by your provider

You can take pain medications as prescribed. Tylenol is fine to substitute for pain medications. Depending on your surgeon, it may be okay to take Advil or Aleve after surgery. Do not take Aspirin. Migraine medications should be reviewed with your surgeon before taking them and should not be taken with narcotic pain medication. Constipation is a common side effect of narcotic pain medications. If this occurs, take an over the counter laxative and avoid straining with bowel movements.

Depending on your surgeon, he/she may recommend or prescribe nasal sprays or antibiotics. Alcohol consumption is not recommended until you are off all surgical related medications. Smoking is discouraged as it can compromise the nose from healing.

We typically like patients to avoid contact sports for 4-6 week after reduction

When do you follow-up?

Follow-up is typically 7 days after surgery

When should I call my doctor?

You should call your doctor if you have any fever, foul odor in the nose, discolored nasal secretions, facial pain and pressure or a cough. Post operative infections can occur up to 6 weeks after the surgery.

