

DISCHARGE INSTRUCTIONS FOR OPEN REDUCTION NASAL FRACTURE

FOLLOWING SURGERY

For your safety: do not drive, take public transportation, operate machinery, drink alcohol, or make any legal decisions or business transactions for 24 hours after surgery. It is normal to feel dizzy and sleepy after surgery.

DIET

Start with liquids, if no nausea, you may begin a soft diet. Maintain this diet to keep chewing down to a minimum.

DRESSING CARE

Change drip pad under nose as necessary. It is not unusual to have to change the pad frequently the first day. Do not remove cast (splint).

ICE PACK

Use only on the eyes or cheeks.

BATHING

Bathing and Showering are OK.

GENERAL INSTRUCTIONS

REPORT THE FOLLOWING TO YOUR DOCTOR IMMEDIATELY: Temperature of 101° or over, chills, excessive bleeding, swelling or drainage, progressive visual loss, double vision or eye swelling. It is normal to have light swelling, bruising and spotting on the dressing.

SPECIAL INSTRUCTIONS

1. Sneeze with mouth open.
2. Do not blow the nose.
3. Sleep with head elevated on pillows.
4. Nasal drainage may increase for the first two to four hours following discharge home.
5. If there is any tape or plaster on the nose, be sure to keep it dry and to avoid displacing it.
6. *Tylenol* or *Ibuprofen* is OK for pain relief; however, avoid use of Aspirin.