

Postoperative Instructions – Broken Nose Repair

Maximize your results after nasal surgery for a broken nose by following these basic post-treatment instructions. Please contact the office with any questions.

General

- Change the nasal drip pad as needed. Some bleeding and mucous is normally expected out the front of the nose or draining down the back of the throat.
- Numbness in the cheek, lips, nose, and teeth is common
- No smoking or alcohol
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication. You will be advised when you may resume taking these medications.
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician.
- No herbal medications, supplements, or teas.
 - Increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea
 - Arnica montana herbal *tablet* may help reduce bruising and swelling

Diet

- Advance slowly from liquids to soft, then solid foods after anesthesia. No restrictions on specific type of food or drink. Drink plenty of fluids. Do not chew gum. You may use a straw.

Activity

- Sleep with your head elevated for the first week, to help reduce nasal swelling
- Do NOT rub your nose, or put any pressure on your nose
- Do NOT blow nose
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open
- Do NOT bend over or hang your head down
- No heavy lifting, straining, strenuous activity, or sex for at least 2 weeks
- Avoid eyeglasses for 2 weeks after surgery. Once permitted, wear eyeglasses as high as possible on the bridge. Eyeglasses may be taped onto forehead, to keep them off the nose.
- No contact sports for 6 weeks

Hygiene

- Keep clean ice-packs, wrapped in a clean cloth, over the cheeks or forehead for the first 48 hours. Use ice every hour while awake to help reduce swelling.
- Do NOT put pressure on the nose.
- Rinse both nostrils with normal saline (salt) solution three times daily for 1 month.
- Place *Bactroban* (ie. mupirocin) ointment via a cotton-tip applicator in your nose three times daily for 1 month. Use ointment anytime your nose feels dry.
- Do NOT use any allergy nasal sprays until advised
- Do NOT get the nasal cast wet for the first week. Reinforce the nasal cast with additional tape as necessary. The cast will be removed *1 week after* surgery. Get the cast soapy wet in the shower on that last day to facilitate easier removal.