

## **Southeast ENT Clinic**

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### **POSTOPERATIVE INSTRUCTIONS FOLLOWING NASAL FRACTURE REDUCTION**

*Dear Patient/Carer:*

*Please read this document carefully as it contains important information that complements the instructions given by Mr Hurtado during your recent surgical admission.*

#### **Medications:**

Ibuprofen and/or Panadol can be taken regularly in case of pain. Follow your pharmacist recommendation in regards dose and frequency of any over the counter medication.

Regular nasal saline spray can be used in case of nasal obstruction. Perform 2 puffs on each nostril, three times a day for one or two weeks.

Wait 2 weeks from your surgery before restarting the intake of fish or krill oil. Please ask Mr Hurtado when to restart any other blood thinner drug (ie, Aspirin, Warfarin, etc.).

#### **Nasal splint / plaster:**

The external nasal splint should be kept in place for two weeks after surgery. The splint may become loose as the nasal swelling decreases. If this happens, please fix it again with medical tape until your review with Mr Hurtado.

#### **Attend your nearest Emergency Department or local GP clinic:**

In case of epistaxis (nose bleed), fever or severe pain that doesn't respond to the prescribed analgesics. Mr Hurtado would be keen to provide advice to your doctor if required.

#### **Physical activity considerations:**

*During the first 72 hours:*

Avoid steam, hot drinks and showers (warm is fine), as this may cause a nose bleed (epistaxis). Please sleep on your back with your head elevated by 3 pillows.

*During the first week:*

Do not blow your nose. Gently dab with a tissue any nasal discharge. It is normal to experience nasal obstruction during this period. It is normal to observe bloody stained secretions for the first couple of days.

*During the first two weeks:*

Have relative rest and avoid lifting heavy objects. Avoid bending over. If you need to pick up objects from the floor, do so by bending your knees and keeping your head up if possible). During this period, Mr Hurtado recommends you to avoid taking airflights.

*During the first four weeks:*

You may now restart slowly all previous levels of physical exercise (including sports).

*On your postoperative appointment*

Mr Hurtado (or your local GP) will remove your nasal splint 2 weeks after surgery. Please tape the splint should it fall off or become loose earlier.

*We will confirm the time and date of your post-operative appointment soon. Do not hesitate to contact us if you require any further information regarding these instructions.*

*SouthEast ENT clinic*

Last revised Apr/18