EARS, NOSE, & THROAT

Broken Nose (Nasal Fracture) Post-Surgery Care

What to expect after surgery

- Nose stuffiness.
- Bloody drainage from your nose.
- A little bit of swelling or bruising.
- Soreness where the surgery was done.

How to take care of yourself at home

- Wait two (2) days before you go back to work or school.
- Keep your head raised when you rest or sleep.
- Do not go to the gym, work out, or play sports for 12 days.
- Wait until seven (7) days after your surgery before you take off your surgical tape.
- Use more tape to keep your splint in place if the surgical tape feels loose.
- Do not let water hit your nose directly when you shower.
- Use a cool mist humidifier at night to help with stuffiness.

For questions, call our office at **512.978.8130, option 2** to speak to a nurse, or if:

- Your nose is bleeding a lot.
- Your splint comes off and you cannot put it back on.
- Your pain is still bad after taking Tylenol (acetaminophen) or Motrin (ibuprofen).

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CENTRAL HEALTH