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PATIENT EDUCATION FOR NASAL FRACTURE REDUCTION

Your child had surgery to replace the nasal bones into position.

MEDICATION:

1. Use Afrin 2 sprays each nostril twice a day for 3 days.
2. Use Tylenol for pain. Avoid Motrin if possible.
3. Use Normal Saline- 2 sprays each nostril 2-3 times per day after first postoperative visit.
4. Sleep with head of bed elevated.

DIET:

Start with clear liquids and advance diet as tolerated.

DRESSING:

Do not remove nasal dressing. Let it fall off on its own. This usually takes 3-5 days. Avoid touching the dressing. Do not let water get onto the dressing.

ACTIVITY:

Avoid contact sports for 6 weeks. This includes contact sports in gym Class. May return to non contact activities expect underwater swimming. May return to gym without restriction on _____.

IF YOUR CHILD EXPERIENCES BLEEDING, APPLY AFRIN 2 SPRAYS AND GENTLY PINCH THE TIP OF THE NOSE FOR 10 MINUTES. IF BLEEDING DOES NOT STOP, PLEASE CALL OUR OFFICE.

CALL OUR OFFICE IF SEVERE HEADACHE OR FEVER >101.

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