



**Randall Cohen MD**  
Catalina Ear Nose and Throat PC

## **Closed Reduction of Nasal Fracture**

### **Postoperative discomfort**

All patients experience some degree of discomfort and your surgeon will give you a prescription or suggest something for pain medication that should be very effective. Each day your discomfort should decrease. If the pain increases please notify the clinic.

### **Exercise**

Strenuous exercise, heavy lifting, bending over, contact sports and prolonged standing should be avoided until approved by your surgeon. Avoid sweating since this will likely loosen the external splint.

### **Nasal Splint**

Splint will remain on for one week. Do not get the splint or the face wet. If the splint is loose, leave it in place and tape over it to secure if possible. Do not remove since pressure by the splint can redisplace the fracture fragments.

### **Indications for concern**

If excessive bleeding, fever, unresolved pain or odorous discharge occurs, call the clinic.

### **Follow-up**

It will be necessary for you to be seen post-operatively as discussed by the doctor. These appointments should be made at the time of your pre-operative visit or by calling the ENT Clinic.

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