



CONSULTING LOCATION

52 Templestowe Road
Bulleen VIC 3105

CONTACT

P 03 9088 1030

F 03 9088 1031

E office@mentac.com.au

mentac.com.au

Fractured Nose

The term fractured nose refers to the displacement of the bony roof of the nose. The top half of our nose is bony and the bottom half cartilaginous. The pliable cartilage below follows the position of the bone above. In a fractured nose manipulation surgery, the bones are manipulated and repositioned to allow the fragments to set in good position. Your surgeon may place a dissolving dressing on the inside of the nose and if necessary, tapes or splints on the outside.

Mild nosebleed is expected in the first 2-3 days after surgery. The nose may be internally packed with dissolving dressing that helps blood to clot. Patients typically describe having what looks like blood clots and clumps of dressing coming out from the nose. Most people feel congestion and blockage, rather than pain. The tip of the nose, the base of the nose, the upper teeth and gum may feel quite sensitive and numb for a few days after surgery. In some cases, an external splint is applied to ensure stability of the nose. The splint will be removed in clinic 1-2 weeks after surgery.

Patients will be sent home on pain killers and nasal sprays. The nasal spray is important as it washes the clots and dissolving dressings from inside the nose. It also prevents infections. The sprays are to be done 3-4 times a day for 1 week. Do not blow your nose too vigorously as it may dislodge the splint or scabs in the nose. Instead, use the nasal sprays regularly. These sprays will get rid of the mucous, clots, dressing and all the other 'gunk' (sophisticated medical term) from inside the nose. The nose usually feels much cleaner after a good spray. If you sneeze, open your mouth. Most patients can return to normal activities 2 days after surgery. Avoid blowing your nose too vigorously

or fiddling with the nose. Avoid potential pressure or injury to the nose. You can return to normal activities 2 days after surgery, and strenuous activities 2 weeks after surgery. You will have an appointment usually around 2-4 weeks after surgery, and most patients will not require any further appointments after.

If there are any significant concerns, it is recommended that the patient be seen by a doctor either at the GP practice, the Emergency Department, or at our clinic. We are unable to give a safe advice over the phone or email without directly examining the patient. Do not hesitate to contact our office for further advice if required.

