



## Post-Operative Care Instructions for Closed Nasal Reduction

### What to Expect & Do

#### Nasal Packing

- May have absorbable nasal packing and a small moustache dressing.
- Helps control bleeding and support bone fragments.
- Packing will dissolve or fall out on its own.

#### Nasal Congestion

- Nose will feel blocked/stuffy for about 1 week.
- Gradually improves over several weeks.
- Breathing should improve as swelling settles.

#### Nasal Splint/Cast

- Keep splint/cast on for at least 1 weeks.
- It may start loosening after 5–7 days.
- Reinforce with tape to keep it in place.

#### Nasal Irrigation/Spray

- If crusting or dryness occurs, use saline spray (chemist).

#### Post-Operative Visits

- Usually not required if recovery is smooth.
- We will set you up for a phone call in a month.
- Contact us if you have concerns.

#### Precautions – First Week

- **Activity:** Increase gradually. Sleep with head elevated (pillows or recliner). Use ice packs on nose/face (20 min on / 20 min off) for the first day.
- **Do Not Blow Nose:** Avoid nose-blowing for 1 week.
- **Sneezing:** Sneeze with mouth open to reduce pressure.
- **Pain relief:** Paracetamol and/or ibuprofen as needed.

#### Contact Information

- **Non-Urgent Questions:** Call the office at 03 548 4994.
- **Urgent Concerns:** Contact Dr. Slough directly. Leave a message or text if there is no immediate response, especially during operations or after hours.