

Closed Nasal Fracture

What is a closed nasal fracture

- A closed nasal fracture refers to a break in the contour of the nasal bones usually resulting from blunt trauma.
- Such injuries are common in certain sports such as basketball.
- Nasal bone fracture may result in significant deviation of the nose causing both a change in appearance and limitation of nasal airflow.
- The nasal septum, which divides the right and left nasal cavities, may be fractured and deviated as well.

Testing and diagnosis.

- Clinical history and physical exam are usually sufficient to make the diagnosis.
- In cases where the fracture is severe or may involve other facial bones, imaging may be requested.

Treatment

- Closed nasal fracture reduction may be performed using local anesthesia, sedation, or general anesthesia depending on the age of the child and the severity of the fracture.
- Once the nasal bones are placed back into alignment, an external nasal splint is placed. These are generally kept in place for at least 1 week.

What should we expect after closed nasal fracture reduction?

- Your child will experience significant nasal congestion and may have some blood tinged nasal drainage
- Your child may have some slight swelling/bruising around the nose and eyes.
- Take pain meds as directed.
- Sleep with the head of bed elevated.
- Consider wearing button down shirts to avoid brushing the nose getting dressed/undressed.
- You will be given tape to re-affix the nasal splint should it come off prior to your post-op visit.
- Your child may return to school the day after the procedure. However he/she should avoid any vigorous physical activity like PE or sports for 2 weeks. No contact sports for 1 month.
- It is ok to shower but you should keep the splint as dry as possible.

What are some reasons we should contact our doctor after surgery?

- Blood tinged nasal drainage is normal. Contact your physician if you note excessive bleeding from nose
- Contact your doctor if the nasal splint comes off prematurely and you are unable to reapply
- Some nasal congestion is normal. If your child has nasal obstruction that is getting worse rather than better and is associated with severe pain, contact your physician.
- Fever greater than 101 F.