

## Facial Fracture



You have broken/fractured one or more bones in your face. The fracture(s) may be small or large, and the bone(s) may have moved out of place. The degree of injury may also result in concussion or more serious brain injury.

Depending on where the fracture is, you may have pain when you chew. You may also have nasal congestion, sinus pain, and nose bleeding.

During the first 72 hours after injury, you may have swelling or bruising where the fracture is or around it.

### Follow-up care

**Follow-up care is a key part of your treatment and safety. Follow up with your healthcare provider in 1 week or as advised.** This is to make sure the injury heals properly and does not lead to other problems. You will be informed if you need further treatment, including surgery.

If you had X-rays or CT scans taken, you will be told of any new findings that may affect your care.

### Home care

#### Swelling:

- Sleep with your head raised on 2 or more pillows to reduce swelling.
- Place an ice pack on the injured area for 10 to 20 minutes at a time. Repeat every 1 to 2 hours for the first 48 to 72 hours. This will help ease pain and reduce swelling. To make an ice pack, put ice cubes in a plastic bag that seals at the top. You may wrap the bag in a clean, thin towel or cloth. Do not put ice directly on the skin.
- After 72 hours, place a warm compress or towel on the injured area as often as tolerated. Test on your hand first to avoid burning the skin.

#### Medications:

- You may use over-the-counter pain medicine to control pain unless another pain medicine was prescribed. Talk with your healthcare provider before using pain medications if you have liver, kidney, or gastrointestinal disease.
- If you were given antibiotics to prevent an infection, take them as directed until you have finished the prescription.

#### Diet:

- If you have facial pain when eating, maintain soft diet for 2 weeks. Do not eat crunchy or chewy foods. Proper nutrition is important to ensure healing.
- Stay hydrated. Drink 8-10 glasses of water a day.
- Avoid alcoholic beverages while taking pain medication.

#### Sinus Care:

- If your nose bleeds, sit up and lean forward. Pinch your nostrils together for 10 to 15 minutes. If the bleeding doesn't stop, notify your healthcare provider. Do not blow or pick your nose for 12 hours after the bleeding stops. This will allow a strong blood clot to form.
- If you were instructed by your healthcare provider, maintain sinus precautions for 2 weeks which are:
  - Avoid blowing your nose

- Sneeze with your mouth open
- Avoid drinking out of straws
- Avoid vigorous swishing of fluid or spitting
- Avoid bending over to lift heavy objects
- If you smoke or vape, do not smoke and/or vape for 6 weeks or as directed by your doctor.

### Special note on concussions

If you had any symptoms of a concussion today, don't return to sports or any activity that could result in another head injury.

These are symptoms of a concussion:

- Nausea
- Vomiting
- Dizziness
- Confusion
- Headache
- Memory loss
- Loss of consciousness

Wait until all your symptoms are gone and your healthcare provider will clear you to resume normal activities. Having a second head injury before you fully recover from the first one can lead to serious brain injury.

### When to seek medical advice

Call your healthcare provider right away if you have:

- Worsening facial swelling or pain
- Persistent bleeding from the injured area
- Redness, warmth, or pus draining from the injured area
- Fever of 100.4°F (38°C) or higher, or as directed by your healthcare provider
- Chills
- Nausea
- Blurring or double vision

### Call 911 and seek immediate attention if you have:

- Trouble breathing
- Persistent nausea or repeated vomiting
- Severe or worsening headache or dizziness
- Abnormal drowsiness or you are unable to wake up as usual
- Confusion or change in behavior or speech
- Convulsion or seizure
- Tingling, weakness, or numbness on one side of your body