Zygoma Fracture (Cheekbone Fracture)

A *fracture* (break) in your cheekbone is also called a zygoma fracture. If this bone is in normal position, conservative treatment may be all that is necessary. This means an operation is not required. If this bone is displaced, surgery may be necessary to repair the fracture and get it back into position. This fracture is easily diagnosed with x-rays.

HOME CARE INSTRUCTIONS

- You may resume normal diet and activities as directed or allowed.
- Take prescribed medication as directed. Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. Do not give aspirin to children less than 15 years of age unless advised by your caregiver because of the association with Reye's Syndrome.
- Apply ice to the areas of pain and swelling for 15 minutes every hour while awake, for 2 days. Put the ice in a plastic bag and place a thin towel between the bag of ice and your cast, splint, or wrap.

LET YOUR CAREGIVERS KNOW ABOUT THE FOLLOWING:

- Allergies.
- Medications taken including herbs, eye drops, over the counter medications, and creams.
- Use of steroids by mouth or creams.
- Other health problems.
- Possibility of pregnancy, if this applies.
- History of blood clots (*thrombophlebitis*).
- History of bleeding or blood problems.
- Previous surgery.
- Previous problems with anesthetics or novocaine.

SEEK MEDICAL CARE IF:

- Increased pain, swelling, or bruising of the cheek that is not relieved with medication.
- Increasing warmth or redness (*inflammation*) in the area of injury..
- Problems with increasing swelling or bruising of the injured area.
- You develop any visual problems.
- You develop any leak or discharge of watery material from your nose.

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