

Contact Details

If you have any questions please telephone the RUH Emergency Department on

01225 824000 (day)
01225 825015 (night)

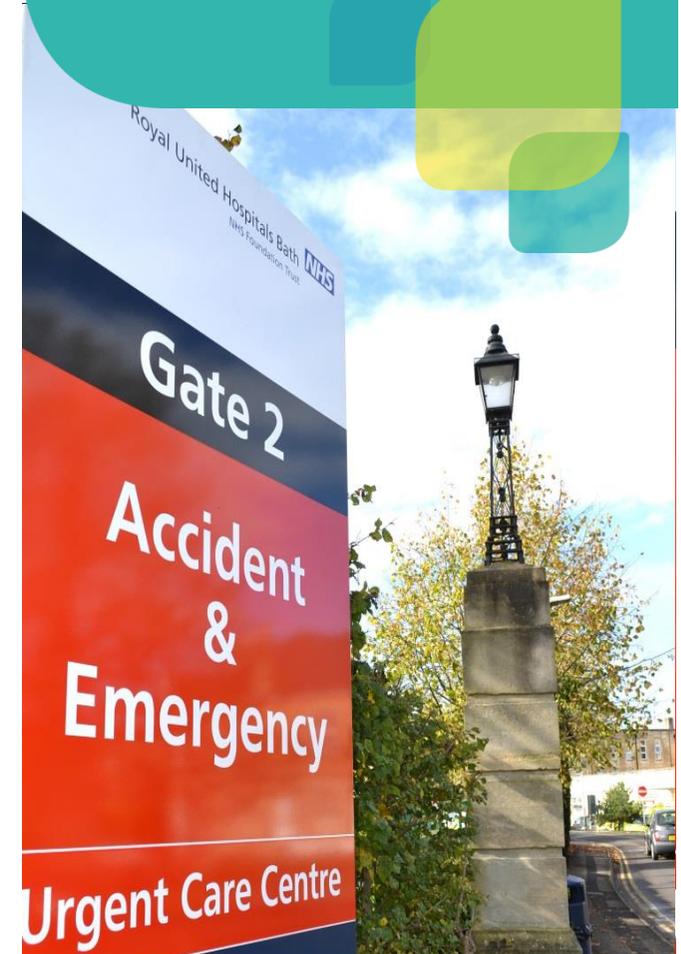
Royal United Hospitals Bath
NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PatientAdviceandLiaisonService@nhs.net
or telephone 01225 825656.

Date of publication: May 2017
Ref: RUH EMD/041 v2
© Royal United Hospitals Bath NHS Foundation Trust

Suspected Broken Nose



Suspected Broken Nose

Your nose injury is still swollen at the moment, so it might look worse than it really is. We will not x-ray it because it may not need any further treatment once the swelling goes down.

You should:

- Use ice-packs (frozen peas in a damp towel will do) for 10-15 minutes, 3 or 4 times a day for 48-hours after injury.
- Take tablets such as Ibuprofen or Paracetamol regularly (both available from a chemist) to relieve the pain.

Once the swelling has gone down, if your nose shape appears different and you want something done about it, you need to be referred to an ENT Clinic. This can be done through your General Practitioner (GP). This must be done within 10-days of injury.

You should not:

- Blow your nose for 2-3 days – it might start to bleed

If your nose starts to bleed, you should:

- Sit down calmly in a chair with your head down and with a bowl in your lap.
- Press firmly on all of the soft part of your nose, just below the bony part. You will not benefit from squeezing the bony (hard) part.
- Press firmly and continuously, almost to the point of discomfort, for at least 15-minutes while breathing through an open mouth.
- Spit out any blood in your mouth into the bowl.
- If, despite this, the bleeding does not stop, then continue to press on the soft part of your nose, but also apply a cold compress to your forehead for another 15 minutes. You can use some ice wrapped in a towel for this. The cold compress will reduce the supply of blood to your nose.

- If the bleeding continues or if you feel faint, then go to your nearest Emergency Department, taking any medication with you.