

# Nasal Injury

## Patient Information

You have injured your nose and it might be broken.

We may have referred you to the ear, nose and throat (ENT) clinic. If we have not been able to give you an appointment date and time today, then you will receive a phone call from the clinic in the next few days. If you have not heard from them after five days, please call the Emergency Department on the number above.

Many broken noses do not need any treatment, so we may not have referred you to the ENT clinic, especially if your nose looks its normal shape. Sometimes, as the swelling round your nose settles, you may notice that it is not its usual shape. If this happens, please return to the Emergency Department **within a week** of the injury so that we can reassess you and refer you to the ENT clinic if necessary. It is important that you come to the Emergency Department and not your own GP as this can delay treatment.

You may get a nose bleed. If this happens, sit with your head slightly forward and pinch as much of the soft bit of your nose as possible. (You will not benefit from pressing the hard bit). You need to keep pressing for 10-20 minutes continuously. Try not to swallow any blood as this can make you sick. Just spit out any blood into a tissue or a bowl.

**If after 20 minutes of pressing your nose is still bleeding, then please come to the Emergency Department or Minor Injuries Unit.**

This information is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.

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