

Emergency Department Discharge Advice

Nose Injuries

You may have broken your nose. It can be difficult to assess the extent of the break immediately after injury due to swelling, especially as the nose bones do not show well on x-ray. Most broken noses heal without any treatment. Any swelling around the nose should be allowed to settle for 5 days.

If after this time your nose appears out of shape or there is any nasal blockage then you should contact your nearest Ear, Nose and Throat Department and ask to see an Ear, Nose and Throat Specialist.

Dorset County Hospital: 01305 255444
Blandford Hospital: 01258 456541
Bridport Hospital: 01308 422371
Yeatman Hospital, Sherborne: 01935 813991
Bournemouth / Poole Patient Services including ENT: 01202 443815

If you live in the Blandford, Bridport, Sherborne or Lyme Regis areas then you should ring that hospital for a local appointment. But if there is likely to be a delay of more than a few days then you should telephone Dorset County.

If you are a visitor to this area and will have returned home in 5 days time, please contact your local Ear, Nose and Throat Specialist Department if necessary.

If the nose is bleeding:

- Use ice packs (such as peas wrapped in a tea towel) and hold on your nose for about 10 minutes. Repeat this if necessary
- Press firmly on all of the soft parts on your nose, just below the bony part. You will not benefit from squeezing the bony (hard) part
- If the bleeding continues or if you feel faint then go to your nearest Emergency Department, taking any medication with you
- If you live alone, inform a relative or neighbour that you have had a nose bleed
- If you are over 65 years old or taking Warfarin or Aspirin or have recurrent short nosebleeds inform your doctor that you have had a nose bleed when the practice is open

Please turn over:

Information

 Health & care
information
you can trust

The Information Standard

Certified
Member

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

Author: Nurse Practitioner
Publication Date: 04/14
Review Date: 04/17

Do not:

- Blow your nose hard
- Remove any blood clots from your nose

Who to contact if you are concerned

If your painkillers are not helping, or if you feel unwell but have not had any bleeding, please contact your GP.