

PATIENT INFORMATION

Broken Nose Advice Leaflet

- It is not necessary to x ray for fractured nasal bones.
- You may experience swelling, headaches, nasal blockage and bleeding.
- Ice packs wrapped in a cloth placed across the bridge of the nose should stop bleeding and reduce the swelling.
- Take regular analgesia for pain but do not exceed the daily recommended dose.

What happens next:

You will be given an appointment in ENT emergency clinic in 5 days (not over weekend). Your nose will be assessed and a decision will be made about whether manipulation (resetting) is necessary. If manipulation is needed, it may be done under local or general anaesthetic. This manipulation should be performed within **14 days**.

The manipulation is mainly to correct the appearance of your nose, but in some cases, it may also improve the breathing.

Sometimes it may not be possible to push the bones back into a satisfactory position.

If you do not hear from us in 3 days, please ring the Torbay Hospital ENT secretaries (number below) to arrange an appointment.

If you feel that your nose looks normal or you are not worried by minor changes, please do ring to cancel the appointment.

ENT secretaries:
01803 655876 or 01803 656871

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

Working with you, for you