

If you require further advice or are not sure then
please contact your GP or phone 111

Nose Injury / Nose Bleed

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

Your Nose Injury

You have suffered an injury to your nose and been examined by a Doctor/Emergency Nurse Practitioner (ENP).

Please read this leaflet carefully and follow instructions below.

1. The swelling of your nose will go down over 5-10 days.
2. Do not be alarmed if you develop black eyes or bruising extends down your face as this is common after a nose injury.
3. Apply ice packs to the swollen area to help relieve the swelling. Do this for 5 minutes at a time. Make sure ice does not come into direct contact with the skin.
4. An x-ray is not usually needed as a broken nose is a clinical diagnosis.
5. If the shape of your nose has changed significantly you will need to see an Ear, Nose and Throat (ENT) Surgeon. You should be given an appointment before leaving the ED and this appointment must be 7-10 days after the injury.
6. Your nose will feel blocked for the next 48 hours - avoid the temptation to blow the nose.
7. In case of pain, take regular simple painkillers as advised by the Doctor/ENP.

Controlling a nose bleed

If your nose starts to bleed:

1. Do not panic.
2. Tip your head forward.
3. Apply pressure - use your index finger and thumb to apply pressure to the **soft** part of your nose near the end.
4. The pressure should be kept constant for 20 minutes, while you breathe through your mouth.
5. After 20 minutes check to see if your nose is still bleeding. If it is, repeat the above procedure.
6. If after 40 minutes it is still bleeding then you should return to the ED or your local walk-in centre.
7. Do not put anything into your nose to stop the bleeding.
8. Do not worry if you develop bloody diarrhoea or vomit stained blood following a nose bleed as this is not uncommon and is nothing to worry about. However if this persists over 24 hours then consult your GP.