

Aintree
Head & Neck
Practice
Development
Unit

Fractures of the Nose

Aintree University Hospital **NHS**

NHS Foundation Trust

Where quality matters

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The Problem?

The bones of your nose have been broken. This can produce problems with appearance and breathing. Whether your nose needs to be put back in the right place has already been decided by the doctor who examined you. The treatment that is about to take place involves a general anaesthetic, i.e. you are going to be put to sleep completely.

Who are the healthcare team?

During your time in hospital you will probably hear the term 'Healthcare Team' used. The healthcare team that will be involved with your case will include:

- **Surgeons** – Consultant, Specialist Registrars and Senior House Officers.
- **Nursing Staff** – Charge Nurses, Staff Nurses and Nursing Auxiliaries.
- **Theatre Staff** - Anaesthetists, Operating Department Practitioners, Theatre Nurses and Recovery Nurses.

Why do I need surgery?

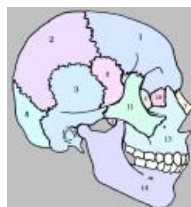
An operation on your nose would be aimed at restoring your appearance and preventing long term nasal blockage

Are there any alternatives to surgery?

The fracture can be left, however, if appearance and nasal blockage become a problem, this will require a much bigger operation to resolve.

What are the benefits of surgery?

The benefits of this surgery are; improvement to the appearance and making sure that you can breathe more easily.



What does the operation involve?

Once you are asleep your nose will be manipulated back in the right place. This usually does not involve having to make any cuts on the outside or inside of the nose. When the bones of the nose break the cartilages in the nose can sometimes bend and may also need to be straightened.

To help protect your nose after the surgery a splint made of 'plaster of paris' or mouldable plastic is often stuck to the nose. This stays in place for around 10 days. If the nose bleeds at the time of surgery packs will be placed in each nostril. These packs are removed on the day following surgery.

What can I do to make the operation a success?

- **Lifestyle changes**

If you smoke, try to stop **now**. There is strong evidence that stopping smoking reduces the chances of getting

complications and infections after an operation.

- **Medication**

You should continue your normal medication unless you are told otherwise. Make sure your surgeon or a member of the healthcare team knows about any medication you are taking.

What will happen if I decide not to have the operation?

The fracture will heal, probably in the wrong place. We would see you again if requested to do so by your G.P if corrective surgery is indicated.

What are the risks and complications?

The healthcare team will try and make your operation as safe as possible. However, complications can happen. Every operation carries a risk.

The complications fall into three types.

- 1) Complications of Anaesthesia
- 2) General complications of any operation
- 3) Specific complications of this operation

Complications of anaesthesia

Your Anaesthetist will be able to discuss with you the risks of having an anaesthetic.

General Complications

Pain: You will be prescribed painkillers and it is important that you take these as instructed. The discomfort is usually worse for the first few days although it may take a couple of weeks to completely disappear.

Infection: It is important that your fractures heal without any infection, however, broken noses usually heal without infection and it is not therefore necessary for you to have antibiotics.

Blood Clots: Blood clots in the legs (deep vein thrombosis) can start with pain, redness and swelling in your calf. If you get

these symptoms please inform a member of the healthcare team.

Specific Complications

Swelling & Bruising: There will be a mild amount of swelling and bruising around the eyes. These changes are most noticeable in the first 24 hours after surgery and have very much reduced by the end of the first week. Swelling and bruising can be reduced by using cold compresses around the eyes and sleeping propped upright for the first few

Bleeding: During the operation and sometimes afterwards there is problem with the inside of your nose bleeding. In order to prevent blood loss the Surgeon will place Vaseline gauze ribbon packs into one or both of your nostrils. These packs will be able to come out the next day.

What can I expect after the operation?

After the operation you will be moved into the recovery room and then, when safe, back to the ward.

You usually stay in hospital for one night following the surgery and leave for home the following morning after having your packs removed. It is not usual to X-ray the nose following treatment.

Before you leave hospital an appointment will be arranged to remove your splint and review you in the outpatient department. It is important to keep any dressings as dry as possible until they are removed.

What are the possible problems?

- Occasionally (**1 in 100 patients**) your nose may start to bleed again once the packs have been removed. This bleeding usually settles by applying pressure and pinching the tip of the nose, on rare occasions the packs may need to be re-inserted.
- Some people who have broken noses straightened require further reversionary surgery to improve the appearance or

help with breathing. This is usually not carried out for several months because it can take as long as this for all the bruising and swelling to completely disappear.

Do I need to take time off work?

Depending on the nature of your work it may be necessary to take a week or so off work and avoid strenuous exercise for this time. It is important to remember that you should not drive or operate heavy machinery for 48 hours after your general anaesthetic.

Most of the swelling will have disappeared after a fortnight but there is often some subtle swelling that can take several months to resolve although only you and your family are likely to notice this.

Will I receive a follow-up appointment before I leave hospital?

Yes. Before you leave hospital an appointment will be arranged for you to be seen in the outpatient department. It is very important that you keep these appointments, if for any reason you feel that you will be unable to attend an appointment please let the hospital know as soon as possible.

What can I do to make my operation a success?

- Take your painkillers as prescribed regularly for at least 2-3 days, then according to your discomfort (but **do not** exceed the prescribed daily dose).
- Keep your splint on until it is removed by the Surgeon in the outpatient department.
- Your nose can often feel quite blocked for a number of days following surgery. Steam and Menthol inhalations can help to clear any post operative nasal congestion.

Contact the Hospital / Ward immediately on 0151 529 5195/6 if you develop a bleed when you get home that you are unable to stop, or if you have any other problems.

We hope that you have found this information sheet useful, its intention is for information purposes only and you should read it either together with or depending on, any advice given by your relevant health professional.

If you have any problems or need further advice please contact Aintree Head and Neck Unit at University Hospital Aintree

Ward 28 - 0151 529 5239 / 5238
Fax - 0151 529 5237

Ward 29 - 0151 529 5195 / 5196
Fax - 0151 529 5194

Further Information

You can get further information locally from the Customer Services Department on 0151 529 3287 (answer phone 0151 529 2400, Fax 0151 529 2019, Textphone 0151 529 2523)

You can also get further information from:

- www.aboutmyhealth.org for support and information you can trust.
- www.baoms.org.uk British Association of Oral & Maxillofacial Surgeons
- www.bda-dentistry.org.uk British Dental Association
Tel: 0207 935 0875
- www.nhsdirect.nhs.uk NHS Direct 0845 46 47 (textphone 0845 606 46 47)

Merseyside Victim Support and Witness Service
Tel: 0845 3030 900
Email: supportline@victimssupport.org.uk

Victims of Domestic Violence
0151 263 7474

Samaritans
0151 708 8888

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If you require a special edition of this leaflet

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如果需要特殊編譯圖專單

根據需要 這個專單可以加大列印 添加盲文 其他語言
並且可以做成磁帶錄音或者光碟。如果有什麼需要 請聯繫
客服:

Si vous avez besoin d'une brochure adaptée pour malvoyants

Vous pouvez obtenir, sur demande, ce prospectus imprimé en grands caractères, en Braille, en livre audio (cassette ou disque compact) ou dans une autre langue. Veuillez contacter le service clientèle au:

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[for the hearing impaired]