



*Better
Together*

Patient information

Nasal Injury

Ear Nose and Throat Directorate

When you injure your nose, it becomes swollen which makes it difficult to assess the extent of the injury. The swelling decreases over several days. Once the swelling subsides or one week after your injury (whichever comes first) go through the following checklist:

Checklist	Yes	No
Is your nose still swollen one week after your injury?		
Has your nose changed shape and would you like it corrected?		
Has your nose felt permanently blocked since your injury?		
Has fluid been running out of your nose since your injury?		
Do you have any other concerns about your injury?		

If you have answered No to the entire checklist then you will not need any further treatment.

A broken nose heals in around four to six weeks, so it is important to avoid any further knocks or bumps to your nose during this time (e.g. playing contact sports).

If you have answered Yes to any question in the checklist, please attend the ENT clinic in the Alexandra Wing in Broadgreen Hospital as directed or telephone: 0151 7062597 for further information.

The Ear, Nose and Throat team will assess you at this time.

You only need to attend if:

- The nose has changed shape and you wish it to be corrected.
- You cannot breathe through your nose.
- There is fluid leaking out of your nose.
- You would like to see the Ear, Nose and Throat team about your injury.

Treatment options:

If you have broken your nose it will be assessed by the Ear, Nose and Throat team. If the nasal bones have been displaced then they can be corrected by a short procedure. During this the nose is numbed with local anaesthetic (you remain awake) and we attempt to reposition the nose back to its previous shape.

Local anaesthetic is drug-induced numbness: it will be provided by a surgeon. Like all medicines, local anaesthetics may sometimes cause side effects, as well as the effects that are needed. You may experience dizziness, blurred vision, drowsiness and occasionally loss of consciousness.

Serious side effects are rare, and include fits, low blood pressure, slowed breathing and changes in heartbeat, which may be life-threatening. If you have any concerns about any of these effects, you should discuss them with your doctor.

If the nasal bones are straight or you are not concerned about the shape then the nose can be left to heal on its own. If nothing is done, the shape should not get any worse (unless you are still growing or you damage it again) but the shape will not get any better. If you are concerned that your nose has changed shape it is better to get it treated before it sets. This is because any operation at a later date takes longer and is more complicated.

Further information

ENT Nurse Practitioners

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Review date: March 2019

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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