



# Broken Nose

## Suspected Broken Nose

When your nose is injured, it often swells and the injury can look much worse than it really is. In the past, these injuries were X-rayed. Nowadays, we think these X-rays are not necessary. Often, once the swelling goes down, no further treatment is required.

The following points may be of help to you:

- Do **not** blow your nose hard – it may start to bleed.

If your nose starts to bleed:-

- Sit up and lean forwards over a bowl. Do **not** tilt your head back. Do **not** swallow the blood.
- Pinch the soft part of your nose on the bridge for 10 minutes. Hold an ice-pack to the top part of your nose and your forehead. You can also suck on ice cubes.
- If bleeding has not stopped after 20 minutes of continuous pressure, go to the hospital.
- Cold packs such as a bag of frozen peas in a wet towel applied for 10 minutes three to four times a day will speed up recovery – effective for the first 24 hours only.
- If pain relief is required – paracetamol or ibuprofen are effective. Both are available from the pharmacy.



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If your nose looks obviously deformed, you may be referred to the Ear, Nose and Throat (ENT) clinic. You will receive the appointment by post or telephone call, usually within two weeks.

**Please retain this leaflet for future reference.**

## Further Advice and Instructions

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**For further advice or information you can telephone your local Minor Injury Unit (MIU):**

**Chippenham Community Hospital**

Rowden Hill  
Chippenham  
SN15 2AJ  
Tel: 01249 456 403/4  
Open: 07:00am to 23:00pm; Seven days a week

**Trowbridge Community Hospital**

Adcroft Street  
Trowbridge  
BA14 8PH  
Tel: 01225 711 329  
Open: 07:00am to 23:00pm; Seven days a week



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From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

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