

## **ADVICE FOR PARENTS**

# **Suspected Broken Nose**

**Paediatric A&E**



It is important that you report any new or persistent problems to a doctor, since it is often impossible to recognize and treat all elements of injury or illness in a single visit. Meanwhile, follow the instructions below as indicated for you.

A nose injury is painful. Bruising can spread widely in the face, even from a single blow to the nose.

Headache, dizziness, nausea and poor concentration often accompany injuries about the head.

Breathing may be affected by swelling or bruising inside the nose. If you have concerns regarding your child's breathing difficulties, contact an ambulance or attend the department via own transport.

If the nose appears deformed (either over to one side or flattened), the nose bones may be broken. It is difficult to see the eventual shape of the nose for the first few days. The underlying shape of the nose may be obscured by swelling and bruising.

Children have little bone in the nose, their noses are mainly cartilage (gristle) so a broken nose in a child is very unlikely.

## **TREATMENT**

A new injury will not be assessed immediately as to its shape. X-rays are not taken for a suspected broken nose. The decision on whether or not treatment is needed is taken by looking at the shape of the nose. If your nose is crooked, then it will be straightened.

You should return five days after injury if you are unhappy about the shape of your nose. Any decision about an operation will be made a few days after injury to allow swelling to go down.

If your nose is deformed, you will be referred to the next ENT clinic to discuss possible operative correction with an ENT Surgeon. If an operation to correct the shape is needed, it should be performed within about ten days.

### **Other Instructions:**

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#### **DO:**

- Try an ice pack wrapped in a clean cloth on your nose for 10 minutes several times a day.
- Take Paracetamol or Ibuprofen to relieve pain.
- Treat nose bleeds by sitting upright, leaning forward, if possible pinch your nose above the nostrils for 15 minutes.
- Keep your head upright when lying in bed by adding more pillows to help with swelling.

**Call 999 or go to A&E if you have a broken nose and:**

- A nosebleed that won't stop.
- A large open wound on your nose – or something else still in the wound, such as glass.
- Clear, watery fluid trickling from your nose – this could be a sign of a serious head injury.
- A severe headache with blurred or double vision.
- Eye pain and double vision.
- Neck pain or a stiff neck – with numbness or tingling in your arms.
- A blood clot in the skin between your nostrils (septum) – it may be painful, swollen or block your breathing.
- Other symptoms of a severe head injury

**A&E Telephone: 01695 656674  
NHS 111**

*Please retain this leaflet for future reference*





**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached Friends and Family Test**.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: [southportandormskirk.nhs.uk/FFT](http://southportandormskirk.nhs.uk/FFT)

**Thank you**

Author: Linda Connolly

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