



Nose Injury Advice

What is a nose injury?

A nose injury may be a

- Bruised nose
- Broken nose
- Damaged nasal septum (tissue that separates the nasal passages)

Nose injuries are nearly always caused by a direct hit on the nose.

You may be feeling:

- Pain
- Swelling
- Bleeding
- Deformity or crookedness of the nose
- Difficulty breathing through the nose

How will your nose be treated?

A Health Care Professional will examine your nose to look for swelling, bleeding, tenderness and movement of the bones.

They will look in your nostrils to see if the septum is swollen or bent.

If your bones or septum are damaged an appointment will be made for you to have them straightened by a specialist. This appointment will be within the next fortnight.

If there is too much swelling for the Health Care Professional to see any damage you will be sent home. The swelling should go down within 2 days.

If the nose looks bent after 2 days, you should go to the you should go to your nearest Accident & Emergency Department.

Bones heal quickly: it is important that you visit hospital within 5 days of the injury to prevent your nose being permanently damaged.

Tips for Recovering from a Nose Injury

- ✓ **Have plenty of rest**
- ✓ **Avoid stressful situations**
- ✓ **Make an appointment with a specialist in good time.** This will prevent permanent damage to your nose.

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