

If you require further advice  
please contact your GP or  
phone 111

# Nose Injury/ Nose Bleed

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## Your Nose Injury

You have suffered an injury to your nose and been examined by a Doctor/ Emergency Nurse Practitioner (ENP) Please read this leaflet carefully and follow the instructions below.

- The swelling of your nose should go down over 5-10 days.
- Do not be alarmed if you develop black eyes or bruising extends down your face as this is common after a nose injury.
- Apply ice packs to the swollen area to help relieve the swelling. Do this for 5 minutes at a time. Make sure ice does not come into direct contact with the skin.
- An X-ray is not usually needed as a broken nose is a clinical diagnosis.
- If the shape of your nose has changed significantly you will need to see an Ear, Nose and Throat (ENT) Surgeon. You should be given an appointment before leaving the Emergency Department and this appointment must be 7-10 days after the injury.

## Your Nose Injury

- If you feel your nose is out of shape once swelling has gone down and have not got an ENT appointment then return to ED for reassessment.
- Your nose will feel blocked for the next 48 hours—avoid the temptation to blow the nose.
- In case of pain, take regular simple painkillers as advised by the Doctor/ ENP.

## Controlling a nose bleed

If your nose starts to bleed:

- Do not panic.
- Tip your head forward.
- Apply pressure—use your index finger and thumb to apply pressure to the soft part of your nose near the end.
- The pressure should be kept constant for 20 minutes, while you breathe through your mouth.
- After 20 minutes check to see if your nose is still bleeding. If it is, repeat the above procedure.

## Controlling a nose bleed

- If after 40 minutes it is still bleeding then you should return to the ED or your local walk-in centre.
- Do not put anything into your nose to stop the bleeding.
- Do not worry if you develop bloody diarrhoea or vomit stained blood following a nose bleed as this is not uncommon and is nothing to worry about. However, if this persists over 24 hours then consult your GP.

## Notes