

Nasal Injury

Patient information

You have been given this information leaflet because you have been diagnosed with an injury to your nose.

Injuries to the nose, including broken noses, are common normally occurring after a blow to the face. X-Ray investigations are not required to diagnose a broken nose and most do not require any specific treatment at all and can be managed at home.

Symptoms associated with injuries to the nose can include:

- nosebleeds
- bruising around the eyes
- swelling and it may look deformed
- tenderness, and possibly crunching or cracking when touching the nose

Treating a Nasal Injury

Most nasal injuries do not need specific treatment.

Measures you can try at home which may help are:

- Holding an ice pack (frozen peas wrapped in a tea towel will also work) to the nose for 10-15 minutes every few hours for the first couple of days.
- If your nose is bleeding, pinch the soft part of your nose just above your nostrils for 10-15 minutes to stop the bleeding. Lean your head forward to prevent blood trickling down your throat.
- Try not to blow your nose.
- Prop your head up in bed by sleeping on a few pillows to help reduce the swelling
- Avoiding hot drinks over the following 24 hours may prevent further bleeding

You will have been advised that treatment may be required if at 5 days, only if:

- Your nose is obviously bent to one side
- You are unable to breathe through one side of your nose

If this is the case then you can request an appointment to see an ENT doctor at The James Cook University Hospital. You will need an appointment for this clinic and will need to call 01642 854033 between 0900-1600 to be given a date and time to attend. It is very important that you are seen between 5-10 days from the injury. You will not be seen without an appointment.

Emergency Department
and Minor Injury Unit



Recovering from a Nasal Injury

If no specialist treatment is required, the swelling usually settles within a week and the bruising should disappear after two weeks.

You should contact your GP if your injury does not improve as expected or your symptoms get worse.

Treating Pain

If needed, painkiller options include the following:

Paracetamol is usually recommended for painful sprains or strains.

Non-steroidal anti-inflammatory drugs (NSAIDs) relieve pain and may also limit inflammation and swelling. You can buy some types (eg, ibuprofen) at pharmacies, without a prescription either topically as a cream, or as tablets. You should check the medication advice leaflet to ensure you are safe to take these i.e some patients with asthma or stomach ulcers may not be able to.

If this does not help, you may need an additional stronger painkiller – such as codeine – you should discuss this with your pharmacist or GP.

Further Information

For further advice and information about your condition:

Please choose from the following:

- 'NHS Patient Choices' website: www.nhs.uk
- 'Making Lives Better' patient website: www.patient.info
- Telephone NHS 111
- Contact your General Practitioner

Contact details:

- The James Cook University Hospital: 01642 850850
Marton Road, Middlesbrough, TS4 3BW
 - The Friarage: 01609 779911
Northallerton, North Yorkshire, DL6 1JG
- Redcar Primary Care Hospital: 01642 511000
West Dyke Road, Redcar, TS10 4NW

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