

## Fractured nose



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## **What is a fractured nose?**

It is a fracture (break) of your nasal bones, generally occurring as a result of an injury such as a sports injury, road traffic accident or assault.

## **What are the symptoms?**

Some usual symptoms are:

- epistaxis (nose bleed)
- deformity
- swelling and bruising
- nasal obstruction (blockage)
- tenderness.

## **How is it diagnosed?**

It is usually diagnosed without an X-ray.

## **How is it treated?**

This depends on how bad the fracture is. You may not need any treatment. However, if you do need treatment, this will involve manipulating your nasal bones back into place under a short general or local anaesthetic. This must be done within 14 days of the fracture occurring; before your nasal bones fuse together, but after the initial swelling has gone down. To arrange this, an ENT appointment is needed within a week of your injury.

If you do not have manipulation within 14 days, you may need a more invasive operation at a later date.

## **Why do I need this procedure?**

This simple procedure may return your nose to its original position, without need for more complicated surgery in the future.

## **What does the procedure involve?**

You will be given a general or local anaesthetic. The doctor will then gently manipulate your nose back into its original position.

## **Are there any risks or complications?**

It is possible that the doctor may not be able to successfully manipulate your nose back into position. In this case, you may be offered a further operation at a later date.

There is a rare risk of septal haematoma (a large bloodfilled swelling), which may need further surgery to reduce the swelling.

## **What happens afterwards?**

You can take simple painkillers such as paracetamol or ibuprofen to help relieve any pain.

You may go home on the same day, but you will not be able to drive for 24 hours after your procedure.

It is very important that you do not take part in physical activity that may knock your nose for at least six weeks.

## **Contact us**

If you need any further information or have any problems, please contact Wheal Coates Ward on: 01872 253830 / 253832