

**Patient  
Information**

# Suspected nasal fracture (broken nose)

## Introduction

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

The staff in the Emergency Department would like you to be reviewed by a member of the Ear, Nose and Throat (ENT) team at Gloucestershire Royal Hospital.

## Nose injuries

A broken nose will usually heal itself within 3 to 4 weeks.

When you injure your nose, it is common to have black eyes, nose bleeds and bruising. You may also have difficulty breathing through your nose. These symptoms do not necessarily mean you have broken your nose so it is important to wait for the swelling to go down before it is assessed.

If you are experiencing persistent headaches, despite taking regular pain relief, vomiting or feel generally unwell you should contact NHS 111 for advice.

## Caring for your nose injury

Ice packs and pain relief, such as paracetamol and ibuprofen, will reduce the swelling and ease any pain.

If your nose bleeds - pinch the fleshy part of the nose firmly for 20 minutes. Breathe through your mouth and lean forward in a sitting position. Apply cold compresses (wet cloth or ice pack) to your nose, forehead and nape of neck. If you are using an ice pack, wrap it in a damp cloth before applying to your skin. Spit out any blood in your mouth.

Contact your GP or NHS 111 for advice if the bleeding does not stop.

Reference No.

**GHPI1612\_01\_24**

Department

**Emergency**

Review due

**January 2027**

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## What happens next?

The ENT team will contact you, by telephone, 7 to 10 days after your injury. Calls are made between 9:30am and 5:00pm, Monday to Friday.

### During the telephone call:

You will be asked questions about your nose, such as:

- Can you breathe through your nose?
- Do you think your nose is now bent/out of shape because of your injury?

Based on this phone call, the ENT team will decide if you need to be seen for an assessment of the injury. If so, an appointment at the ENT Outpatient Department at Gloucestershire Royal Hospital will be arranged.

At this appointment an ENT doctor will examine your nose and discuss with you if any treatment is needed.

## Contact information

It is very important that we have your correct contact information. Please give an up-to-date telephone number to the member of staff treating you, or to a member of staff at the reception desk in the Emergency Department before you leave the department.

**If you have not received a phone call 10 days following the date of your injury, please contact the ENT team using the number below:**

### ENT

Tel: 0300 422 8549

Monday to Friday, 9:00am to 5:00pm

If you have any urgent concerns, please contact your GP or NHS 111 for advice.

### NHS 111

Tel: 111

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84:379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>