

Patient
Information

Suspected broken nose (nasal fracture)

Introduction

You have been assessed by staff in the Emergency Department or Minor Injury and Illnesses Unit for an injury to your nose. This leaflet gives you information about how to examine your nose and seek further medical attention if needed.

In most cases, your nose will heal on its own, usually within 3 weeks. However, if you are concerned about the appearance of your nose, a procedure may be needed to straighten it.

What happens next?

1. **On day 7 after your injury**, in front of a mirror, examine your nose from the bridge to the tip.
2. **If your nose appears straight or unchanged**, then no further treatment is necessary. To check, you could compare your appearance now with previous photographs.
3. **If your nose appears bent or crooked**, contact the ENT Outpatient Department the next working day after your self-examination. The contact details are at the end of this leaflet.



Straight Nose



Bent Nose

Reference No.

GHPI1612_03_25

Department

ENT

Review due

March 2028

Patient Information

Your ENT appointment

You will be given the date and time of your appointment when you contact the ENT Outpatient Department. The appointment will most likely be on a Friday morning at the ENT Outpatient Department (first floor), Gloucestershire Royal Hospital. This appointment should take place within 10 days of your injury.

On the day of the appointment:

- You may **eat and drink as normal** before attending for your ENT appointment.
- A doctor will examine your nose. If a procedure to improve the appearance of your nose is appropriate, it will be performed on the same day under local anaesthesia (your nose will be numbed).
- The procedure will take no longer than 20 minutes and you will be able to go home afterwards.

Patients under 16 years old may require a general anaesthesia so that they will be asleep during the procedure. This means that the procedure may be scheduled for another day. If a general anaesthesia is needed, the doctor will discuss this in more detail during your appointment. Fasting instructions will also be given. You will be contacted by the booking team with a date for the procedure.

If you have a blocked nose

If your nose looks straight but feels blocked, this could indicate a **septal hematoma**. This is a collection of blood beneath the skin of the cartilage between your nostrils.

You must seek urgent medical attention if you experience:

- Increasing pain with nasal blockage in both nostrils
- Swelling of your nasal septum (wall between your nostrils)
- Fever

For nasal blockages without the above symptoms, you can try rinsing your nose with saline nasal washes. This will help to clear any blood clots and improve your breathing. Nasal washes can be bought over the counter at your local pharmacy.

If breathing difficulties continue for more than 3 months, contact your GP for a referral to the ENT department.

Patient Information

Contact information

ENT Outpatient Department
 Gloucestershire Royal Hospital
 Great Western Road
 Gloucester
 GL1 3NN

Tel: 0300 422 8549

Monday to Friday, 8:30am to 4:00pm (excluding bank holidays)

Further information

If you have any concerns following your nasal injury, please contact your GP or NHS 111 (telephone 111) for advice.

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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

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