



Northumbria Healthcare
NHS Foundation Trust

Nasal injuries

Issued by the walk-in services and minor injury units

A doctor or nurse practitioner will check you for immediate complications as a result of injury. You will not have an x-ray at this time.

Immediately following a nasal injury there maybe swelling. This can make it difficult to assess if it is twisted to one side. Try not to blow your nose as this could result in further bleeding or worsening of your injury.

By following this advice your symptoms should improve. If they do not improve you should seek advice from your GP or physiotherapist.

Alternatives/options for treatment

Painkillers

Simple pain killers or anti-inflammatory tablets/creams can be helpful. Please seek advice from a pharmacist or GP.

Ice packs

Ice packs helps to reduce inflammation during early stages following an injury, it cools the area down and reduces swelling.

- Use a bag of frozen peas or crushed ice cubes placed in a plastic bag.
- Protect your skin from ice burns with a damp flannel or cloth. Place your cold pack on top of the painful area and wrap the towel around to hold it in place. Never apply ice directly to the skin as this may result in an ice burn.
- Ice packs can be applied two to three times a day for 20 minutes, leaving two hours between applications.

Follow up

Seven days following your injury you must check the position of your nose. Most of the swelling should have resolved at this time. If your nose appears twisted you may wish to have it manipulated.

To do this you will need to go to the ENT Clinic at Freeman Hospital, Newcastle upon Tyne.

A doctor or nurse practitioner will attempt to straighten your nose using local anaesthetic. Children may require a general anaesthetic.

Please note only twisting from the most recent injury can be corrected.

You must wait for the swelling to subside before deciding if you require your nose straightened. To make an appointment, please ring Freeman Hospital, Newcastle upon Tyne on: 0191 2336161 - ask for a nasal fracture appointment.

Contact

Should you have any questions or queries please ring 0844 811 8111 and ask for one of the following:

A&E Reception, Wansbeck General Hospital
(Open from 8am to 10pm)

A&E Reception, North Tyneside General Hospital
(Open from 8am to Midnight)

A&E Reception, Hexham Children's Unit, Wansbeck
(Open from 8am to 10pm)

Alnwick Minor Injury Unit (Open 24hours)

Berwick Minor Injury Unit (Open 24 hours)

Blyth Minor Injury Unit (Open from 8am to 5pm, Monday to Friday)

You can call NHS 111 for urgent medical advice 24/7.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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