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# ***Injury to the nose***

***Information for  
patients and carers***

**Emergency Department  
Aberdeen Royal Infirmary**

The bone in your nose is very thin and easily damaged. When your nose is first injured, it swells and it can look much worse than it really is. Usually once the swelling has gone, there is no treatment required.

The diagnosis of broken nose is made by the Doctor or Emergency Nurse Practitioner examining you. You will not need an X-ray.

### ***How can I treat myself?***

- Do not blow your nose for the first week after injury.
- Take regular pain relief.
- Applying cold packs to the nose three or four times a day in the first 24 hours following your injury can help with the pain and reduce the swelling.
- Avoid strenuous activity or exercise over the first 72 hours.
- Avoid hot drinks for 24 hours

### ***What do I do if my nose bleeds again?***

- Apply firm pressure on the fleshy part of your nose for 20 minutes. Do not hold over the bony part as this will not stop the bleeding.
- Sit forward with your mouth open to spit out any blood, as swallowing it may make you feel sick or vomit.
- Apply a cold pack over the bridge of your nose (frozen peas wrapped in a towel can be used).
- Remain calm and rest, as most nose bleeds will stop with these simple steps.

**If you cannot stop the bleeding after 20 minutes of these steps, then come back to the Emergency department.**

After 7 days, the swelling has usually subsided and your nose should look more normal. If you are concerned about the shape of your nose at this time, please contact your GP who can arrange an appointment with the ENT (nose specialist) doctors to review you.

### ***Contact phone number***

If you have any questions about your treatment, please call:

Emergency Department  
Aberdeen Royal Infirmary

**☎ 01224 553306 or 550506**