Benefits
A doctor or nurse practitioner in the Emergency Care Centre will check you for immediate complications as a result of injury. You will not have an x-ray you at this time.
Following the advice in this leaflet should improve your symptoms.

Risks
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.

Alternatives/Options for treatment

Ice Packs
Ice packs help to reduce inflammation caused by an injury. It cools the area down and reduces swelling.

How to use Ice Packs
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.

Never apply ice directly to the Skin as this may result in an ice burn.

Ice packs can be applied two or three times a day for 20 minutes, leaving two-hours between applications.

Pain
Simple pain killers or anti – inflammatory tablets or cream can be helpful. Please seek advice from a Pharmacist or GP.
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 extension 37633
Ask for a Nasal Fracture appointment.
Opening Hours Mon-Fri 1000-1200 or 1400-1600

Contact numbers
The following numbers are direct lines to A&E or Minor Injury Units:

Alnwick Infirmary 01665 626727
Berwick Infirmary 01289 356605
Blyth Community Hospital 01670 396404
Hexham General Hospital 01434 655388
North Tyneside General Hospital 0191 2932515
Rothbury Cottage Hospital 01670 396404
Wansbeck General Hospital 01670 529552
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

Northumbria Healthcare NHS Foundation Trust
General Enquiries 03 44 811 8111
www.northumbria.nhs.uk

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