



## Nasal fracture (broken nose)

### Diagnosing a nasal fracture

The nasal bones are the most commonly broken bones of the face as they have an exposed, prominent position and little structural support. X-rays have little value in confirming or ruling out this condition due to the difficult imaging of these bones (plain films miss approximately 50% of fractures). Therefore, the management of nasal injuries is guided only by the clinical findings. If any x-rays are deemed necessary, it is only for suspected involvement of other important facial structures such as eye orbits, cheek bones, and jaw bones.

### What are the signs and symptoms of a nasal fracture?

- Obvious deformity/deviation of the nose.
- Instability and crepitus (clicking).
- Skin lacerations (cuts).
- Swelling/bruising.
- Nosebleed.
- Obstructed nasal passages (blocked nose).
- Discharge of clear watery fluid from one nostril.

### How is the fracture managed?

This largely depends on the clinical findings. Your doctor or nurse practitioner will examine your nose to ensure there is no collection of blood (haematoma) in the septum of your nose (the partition between the two nostrils), no active bleeding and that you are able to breathe through both nostrils.

In cases of simple, uncomplicated fractures you will be:

- Advised to use ice packs and take regular painkillers - Paracetamol, Ibuprofen (Nurofen) following the dosage instructions on the packet.
- You may need antibiotics if there has been a laceration overlying the fracture or a haematoma has been lanced and drained.

- You are advised to contact the outpatient clinic in 5-7 days if there is unacceptable deformity or you have difficulty with nasal breathing.
  - Head and Neck Outpatient Clinic, Calderdale Royal Hospital 01422 222329
  - ENT Outpatient Clinic, Acre Mills Centre, Huddersfield 01484 343255
- This is when the reduction (resetting) of the broken nose usually takes place. This manipulation is performed after the initial soft tissue swelling has settled.

### How long before the fracture heals?

Fractured nasal bones usually heal within 2 to 3 weeks.

In cases of complicated nasal fractures or when associated with serious injury to other facial structures and/or signs of a head injury, you may be referred to a specialist surgeon for further treatment.

### Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

### Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

**If you have any comments about this leaflet or the service you have received you can contact :**

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

[www.cht.nhs.uk](http://www.cht.nhs.uk)

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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