

**EMERGENCY DEPARTMENT  
AND MINOR INJURY UNIT**

**Royal Alexandra Hospital**

0141 314 7294

**Inverclyde Royal Hospital**

0141 314 9504

**Vale of Leven Hospital**

01389 828599



**Your nose injury**

You have suffered an injury to your nose and due to the swelling present we are unable to clearly say if your nose is broken or not.

Please read the following advice carefully.

1. It is not necessary to X-ray your nose.
2. The swelling should go down over the next 4-6 days.
3. Have a look in the mirror once the swelling has subsided to check if the shape of your nose has changed.
4. If you feel it has changed 10 days after injury, please contact your GP to organise follow up with the ENT (Ear Nose Throat) service. However, if the doctor who examined you felt your nose was broken at the time of injury, a follow up appointment would have already been made.

**Nosebleeds**

If your nose starts to bleed:

1. Tip your head forward.
2. Apply pressure – use your index finger and thumb to apply pressure to the soft part of your nose below the bridge.
3. The pressure should be kept constant for at least 15 minutes.
4. Placing an ice pack over the forehead helps.
5. After this time check if your nose is still bleeding, if it is repeat applying the pressure again.
6. If, after one hour, it is still continuing to bleed, then you should return to the Emergency Department.
7. Do not insert anything into your nose to try and stop the bleeding.
8. Do not blow your nose, sneeze violently, pick your nose, drink hot drinks or alcohol for 24 hours as any of these may cause another bleed to start.
9. Do not worry if you develop “bloody” diarrhoea or vomit blood stained fluid following a nose bleed as this is not uncommon and is nothing to worry about. However you should see a doctor if it persists for more than 24 hours.
10. If you are concerned, please contact the Emergency Department on 0141 314 7411 (RAH) / 01475 524166 (IRH).