



# Managing a Broken Nose

## What to Do Immediately After the Injury

### 1. Stop Any Bleeding:

- Sit upright and lean slightly forward to prevent blood from flowing into your throat.
- Gently pinch the soft part of your nose (just below the bridge) for **10–15 minutes** to control bleeding.

### 2. Apply a Cold Compress:

- Place an ice pack on your nose for **15–20 minutes** every hour. This helps reduce swelling and pain.

### 3. Avoid Further Injury:

- Do not attempt to straighten your nose yourself.
- Avoid blowing your nose, as this may worsen swelling or cause further damage.

### 4. When to Seek Medical Attention

Contact a healthcare provider if you experience:

- **Severe pain** or swelling that doesn't improve.
- **Difficulty breathing** through your nose.
- **Persistent bleeding** that doesn't stop after 15–20 minutes of applying pressure.
- A **noticeable deformity** in your nose.
- Symptoms such as numbness, vision problems, or clear fluid draining from your nose, which may indicate a more serious injury.

### 5. What to Expect During Recovery

- Bruising and swelling around your nose and eyes are common and may last for 1–2 weeks.
- If the break has caused significant misalignment or breathing issues, you may need a consultation with an ENT specialist.
- Fractures need to be manipulated within a 2 week window optimally. Most ENT units nationally will have a referral pathway for these cases which will be accessible through your GP.