



Our aim is to provide information that will help you understand your child's injury and enable the appropriate after-care.

### Useful numbers:

NHS 111 - 24hr advice line

Practice Plus (Brighton walk-in center/GP service)

0333 321 0946

8am/8pm - 7 days a week



Disclaimer: The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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Children's Emergency Department



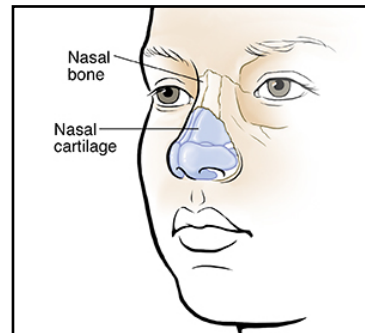
## Nose injury

Information for parents, carers & relatives

## My child has injured their nose

Nose injuries are common in children. It is usually necessary to wait until the swelling settles to tell if the injury requires treatment. However, most nose injuries are uncomplicated and the bruising and swelling will settle without treatment after 5-7 days.

Parents often worry their child's nose is broken; nonetheless this is very rare in young children. It is rarer in teenagers than in adults. This is because the nasal bones are still developing in childhood. **An x-ray is not needed to see if the nose is broken.**



## What happens next?

Your child's injury has been assessed by a doctor or nurse practitioner. They will tell you if your child needs any further treatment or if you should wait until your child's swelling has gone down to decide this.

If your child needs any treatment it will be provided by the Ear Nose and Throat (ENT) team, and your doctor or nurse practitioner will organise the appointment for you. Normally the ENT team will call you to discuss the injury so it is important we have a contact number for you.

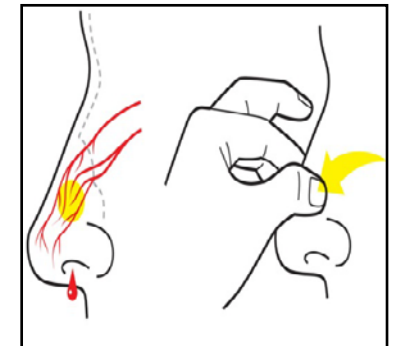
## How can I help my child with their injury?

You can give your child regular paracetamol and ibuprofen to help

reduce pain and make them feel more comfortable. Ice wrapped in a tea towel can be held on the bruised and swollen area (in older children) for up to ten minutes, as this may help reduce swelling and aid comfort.

Nose bleeds can occur after an injury. Most stop quickly and your child is unlikely to have lost a lot of blood.

To stop a nose bleed, tightly pinch the soft area of the nose just above the nostrils, lean forward & spit out any blood from the mouth. Applying ice wrapped in a tea towel to the back of the neck can also be helpful. **Your child should avoid blowing their nose as this may restart their nose bleed.**



## When should I return to the Children's Emergency Dept?

If you are worried that your child's nose is not straight once the swelling has settled, please return to the Children's Emergency Department within 5 - 7 days of the injury for the doctor or nurse practitioner to decide whether an appointment with the ENT team is necessary.

**If your child has any of the following, or if you are worried, please seek medical advice.**

- Difficulty in breathing through one or both nostrils
- Regular nose bleeds
- Fever (*48/72 hours after injury*)
- Nasal discharge