



The official fundraising arm of the
Royal Alexandra Children's Hospital.

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

There are lots of useful injury leaflets to download at the Royal
Alexandra website; use the QR code below or follow the link:
bsuh.nhs.uk/alex/services/accident-and-emergency/



Useful numbers:

NHS 111 - 24hr advice line

Practice Plus (Brighton walk-in Centre) 0333 321 0946

Practice Plus GP - 0300 130 3333

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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University Hospitals Sussex

NHS Foundation Trust

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Children's Emergency Department



Nose injury

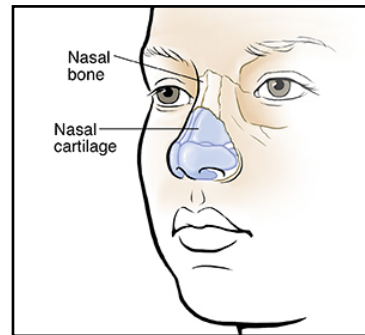
Information for parents, carers & relatives

My child has injured their nose

Nose injuries are common in children. In most cases you need to wait until the swelling goes away to tell if the injury requires further treatment, however, most nose injuries are uncomplicated. Your child's bruising and swelling will most likely settle within 7 days with no need for any more treatment.

Parents often worry their child's nose is broken but nasal bone fractures are 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 urgent treatment or if you should wait until your child's swelling has gone down to decide this.

If your child needs urgent assessment or treatment it will be provided by the Ear, Nose and Throat (ENT) team, and your doctor or nurse practitioner will organise for them to see your child.

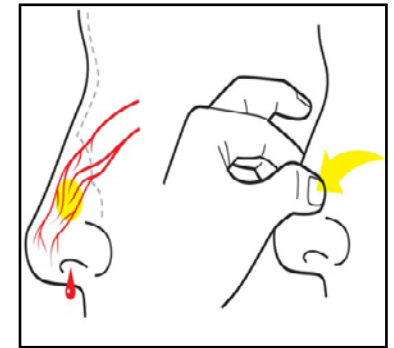
How can I help my child with their injury?

You can give your child 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 for up to ten minutes, as this may help reduce swelling and aid comfort, but it should be avoided in young children as it may damage their skin.

Nose bleeds can occur after an injury. Most stop quickly and your child is unlikely to lose 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 the bleeding.



When should I return to the Children's Emergency Department?

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 for the doctor or nurse practitioner to decide whether an appointment with the ENT team is necessary.

It is important that this is done at the right time, so please do not leave it longer than 7 days after your child's injury.

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

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