

Children's Emergency Department



Nose injury - parent/carer discharge information

Nose injuries may seem worse than they are and often resolve satisfactorily without specific treatment, even if the nose initially appears misshapen. It is very unusual for an X-ray to be required to assist treatment in the Emergency Department.

What should I do now?

- Let your child rest over the next day or two or as instructed
- If possible, when lying down or sleeping, try to elevate your child's head with pillows or by raising the head of the bed
- Avoid the following:
 - Exertion, straining
 - Lifting heavy weights
 - Blowing your nose
 - Hot food & drink
 - Repeated nose dabbing
 - Exercise
- If bleeding occurs, apply pressure to the nose by pinching its soft tip (not the hard bony nasal bridge) between thumb and forefinger. Ask your child to keep their mouth open, lean their head forward and let the blood trickle into a bowl until bleeding ceases. It is best to do this while seated on a couch or bed or where they can lie down if they feel faint.
- Apply a cold pack carefully for a few minutes as often as convenient during the first 24 hours to help reduce the swelling



Patient Information

What medication can I give to my child/adolescent?

Paracetamol and or Ibuprofen (if applicable) to be given for pain,

Paracetamol 4-6 hourly last given at.....

Ibuprofen 6-8 hourly last given at.....

Return to school/activities

You will need to inform the school/college that your child has sustained a nose injury and may need to refrain from certain activities to ensure complete recovery.

After 5 to 7 days, the swelling should have resolved. You should then contact your GP if:

- Your child is unable to breathe through the nose as normal before the injury
- Their nose still seems misshapen.

For further advice/information:

- Call 111 (24 hours a day)
- Contact your General Practitioner

The Trust has access to interpreting and translation services. If you need this information in another language or format, please ask and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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