



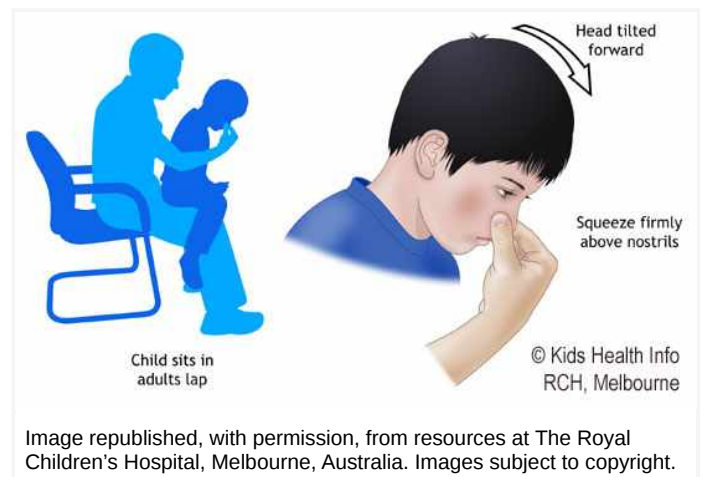
Nose bleeds and suspected broken nose: aftercare advice

Information for patients from the Emergency Department

Please speak to a healthcare professional before following the advice below

What should I do if I have a nose bleed?

- Sit up straight and lean forward, to make sure the blood drains out through your nose, rather than down your throat which could block your airway.
- Apply firm pressure to your nose. This is done by pinching your nose very hard just below its bridge, so that both nostrils are sealed and no blood can drip out.
- Keep the pressure on for at least 30 minutes.
- Apply ice (or a cold flannel) to the back and sides of your neck, which may help to slow the bleeding down. Make sure you wrap the ice in a damp towel before applying.
Caution: ice can cause burns, so do not put it directly on your skin, always use a towel. Protect sensitive skin with baby oil.
- You should try not to swallow any of the blood or the clots, as this will make you sick, and as you vomit and retch your nose bleed will get worse.



What should I avoid doing for the first 24 hours?

- Avoid drinking hot drinks.
- Avoid any sudden violent head movements, such as blowing your nose, as it may cause your nose to bleed again.

- You should not drive.

What if I have a suspected broken nose?

Your injured nose is still swollen at the moment; it might look worse than it really is. We will not x-ray it because it may not need any further treatment once the swelling goes down.

How can I help the swelling go down?

If you have a suspected broken nose, you can use ice (or a cold flannel) to ease your pain, by wrapping crushed ice in a damp towel and placing it over your injury. Leave the ice in place for 10 minutes or until the skin is warm again, then remove. Do this three to four times a day.

Caution: ice can cause burns, so do not put it directly on your skin, always use a towel. Protect sensitive skin with baby oil.

What if the bleeding continues?

If your nose is still bleeding after 30 minutes, you should go to your nearest Emergency Department or Urgent Treatment Centre.

If after seven to 10 days, when any swelling will have gone, you feel that your nose is out of shape or you are unable to breathe through both nostrils, please contact your GP.

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email ekh-tr.pals@nhs.net (ekh-tr.pals@nhs.net)

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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