

Nasal Injuries

Information for Parents and Carers

Your child has injured their nose. When the nose is injured it can become very swollen, which makes it difficult to work out what has been damaged.

It may be just bruised or it may be broken. It is much easier to work out if your child has a simple or more complicated injury once the swelling has gone down. Typically this will happen within a week.

Causes for concern

1. Your child feels they cannot breathe through their nose or their nose feels blocked.
2. Fluid leaking out of the nose.
3. Your child's nose has changed shape and you wish it to be corrected.
4. The nose is still swollen one week after injury.

The simple injury

If you have no concerns and the shape of your child's nose is unchanged, no treatment will be needed.

Your child's nose will need to be protected until it heals up in 4-6 weeks, such as avoiding contact sports.

The more complicated injury

If your child's nose has changed shape, it will have been broken. A short operation can be done to try to return it to its previous shape.

For this surgery, your child will be given a general anaesthetic, which means they will be asleep. It can usually be done as a day case. It is important that this operation is done within 2 – 3 weeks before the bones set.

If you and your child decide not to have an operation, it is unlikely that the shape of the nose will get any better, but the bones should heal by themselves in 4 – 6 weeks. It is important to protect the nose during this time (e.g. avoiding contact sports).

Checklist

- Is your child's nose still swollen 1 week after injury?
- Has your child's nose changed shape and you wish it to be corrected?
- Has your child's nose felt permanently blocked since the injury?
- Do you have any other concerns about the injury to your child's nose?

If you answered **no** to all the above, this is a simple injury. Your child needs no further treatment. A broken nose heals in 4 – 6 weeks, so avoid knocking it during this time.

If you answered **yes** to any of the above, this may be a more complicated injury:

Please attend the Emergency Department at the Royal Hospital for Children & Young People on Monday – Friday mornings between 9am and 12pm.

An Ear, Nose and Throat (ENT) doctor will see your child and decide the best treatment. It is important that you attend within 10 days of injury so that an operation can be arranged if needed.

Telephone Contact Numbers

Should you have any questions arising from this leaflet, or have any other worries relating to nasal injuries, you can call us on **0131 312 0018**.

Royal Hospital for Children and Young People
50 Little France Crescent
Edinburgh EH16 4TJ
Tel.: **0131 536 1000**