Fractured Nose

You have a fractured (broken) nose. This will usually cause a nosebleed and local swelling. A minor fracture without deformity will usually heal in 2-3 weeks. **If the nasal bone is pushed out of place, it will need to be fixed to avoid permanent deformity**. Fixing a nasal fracture is often done after the swelling goes down. This is usually within one week of the injury. Contact the caregiver who will check your nose within the next 5 days in case surgery is necessary to correct a deformity.

Use ice packs on the nose frequently over the next 2-3 days to reduce pain and swelling. It also helps to keep your head elevated on several pillows.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- Uncontrolled nosebleed, severe pain or headache.
- Persistent deformity or difficulty breathing through your nose.
- Unusual clear, watery nasal discharge, increasing pain or swelling around the nose.
- Fever, chills, or other signs of infection**.**

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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