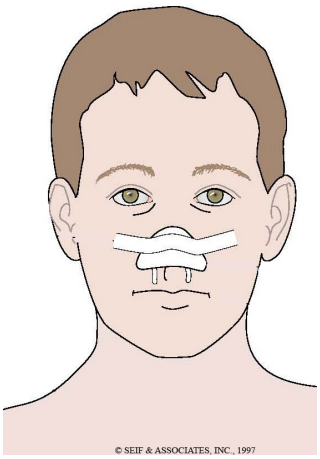
Nasal Fracture

You have a nasal fracture. This is a break or crack in the bones of the nose. A minor break in bone (*fracture*) usually heals in a month. Minor fractures that have caused no deformity often require no treatment. More serious fractures where bones are displaced may require surgery. This will take place after the swelling is gone. It will stabilize and align the fracture. You often will receive black eyes from a nasal fracture. This is not a cause for concern. The black eyes will go away over 1 to 2 weeks.



DIAGNOSIS

X-rays of the nose may not show a nasal fracture even when one is present. Sometimes the caregiver must wait 1 to 5 days after the injury to re-check the nose for alignment and additional x-rays. Sometimes the caregiver must wait until the swelling has gone down.

HOME CARE INSTRUCTIONS

- Apply ice to the injury for 15 to 20 minutes each hour while awake (or at least 3 to 4 times per day) for 2 days to keep swelling down. Put the ice in a plastic bag and place a towel between the bag of ice and your skin.
- Take medications as directed by your caregiver.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK MEDICAL CARE IF pain increases or you continue to have nosebleeds.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have bleeding from your nose that does not stop after 20 minutes of pinching the nostrils closed and keeping ice on the nose.
- You have clear fluid draining from your nose.
- You notice a grape-like swelling on the dividing wall between the nostrils (*septum*). This is a collection of blood (*hematoma*) that must be drained to help prevent infection.

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