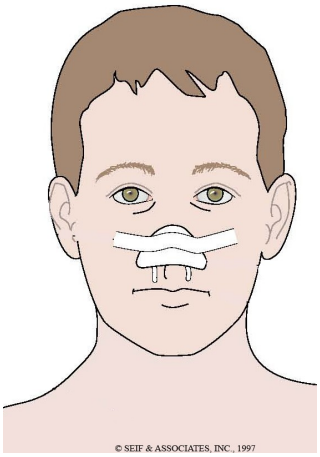
Nasal Fracture
(Broken Nose)

A nasal fracture is a broken nose. Minor breaks do not need treatment. Serious breaks may need to be put back in place, by pushing on the nose, or by surgery. You may get black eyes with a broken nose.



HOME CARE

- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 20 to 30 minutes at a time, 3 to 4 times a day.
- Take medicines as told by your doctor.

GET HELP RIGHT AWAY IF:

- There is bleeding from the nose that does not stop after 20 minutes. Keep the nose pinched, with ice on it.
- There is clear fluid coming from the nose.
- There is a grape-like puffiness (*swelling*) on the dividing wall between the nostrils (*septum*). This is a collection of blood (*hematoma*). It needs to be drained to help prevent infection.

MAKE SURE YOU:

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

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