Pediatric Nasal Injury

A nasal injury can be caused by an injury inside or outside the nose (or both). The injury usually causes bleeding and swelling. Because the nose is made up of mostly cartilage, an injury may not show up on an x-ray. If your child's nose is broken, but there is no deformity, special treatment is not needed. If there appears to be some deformity, treatment is usually delayed approximately 3 to 7 days until the swelling has gone down.

HOME CARE MANAGEMENT

- Control bleeding from inside the nose by squeezing the soft sides of the nose toward the middle for 5 to 10 minutes until the bleeding stops. If there is bleeding from cuts in the skin, apply pressure with a sterile gauze until the bleeding stops.
- Apply ice packs (20 minutes on, 20 minutes off) over the nose for the next few hours. This helps control swelling and bleeding. Then apply ice packs 20 minutes every 2 hours over the next 3 to 7 days or until the swelling is gone.
- Wash the injured area(s) with soap and water and dry with soft cloth. Apply antibiotic ointment with bandage if necessary.
- Only give your child over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF YOUR CHILD DEVELOPS:

- Uncontrolled bleeding from inside or outside the nose.
- Confusion, drowsiness, severe headache or difficulty walking.
- A deformed (crooked) nose, or breathing problems.
- Severe pain.
- Unusual, clear fluid dripping from the nose.
- Fever, chills, vomiting, or other signs of serious illness.

Document Released: 01/25/2006 Document Re-Released: 10/15/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.