

# Nose Injury Clinic

**This leaflet explains more about how we will treat your injured nose, including the benefits, risks, any alternatives and what you can expect when you come to hospital.**

**If you have any further questions, please speak to a doctor or nurse caring for you.**

## What is a nose injury?

Nose trauma can happen because of a fall, a sports injury, an assault or other accidents at home or in the work place. The injury can cause the nose bones to break (also known as a “fracture”) and can cause bruising or swelling to the face. It can result in your nose appearing deviated to one side or affect your breathing. Sometimes there may be a bump on the bridge of your nose or a cut to the skin. With more severe injuries, the other bones of the face can also be affected. Some injuries result in damage to the septum (the partition between the right and left nostril). This can result in a deviated nasal septum, which can affect breathing through your nose.

## Why should I come to the nose clinic?

Most people will be offered an appointment at the Nose Injury Clinic after they have been seen by the doctor or nurse in the Emergency Department. If you feel that by the time of the clinic appointment your nose looks normal, or that there is no problem, you may cancel the appointment. This is because often, once the swelling goes down, there may not be an issue.

We usually try to arrange your appointment for 1-2 weeks after the injury, so that we can better assess the injury once most of the swelling has gone down.

**Please let us know if you wish to cancel your appointment,** so that we can use it for someone else.

## What will happen at the Nose Injury Clinic?

When you arrive at the Nose Injury Clinic, you will be checked in by our ward receptionist and asked to take a seat in the waiting area. You will be assessed by a specialist nose surgeon who will review what happened to you, how it has affected your breathing and how your nose appears. We will look inside your nose with a light and sometimes with a camera (a procedure known as an 'endoscopy'). We can usually assess if you have broken your nose by examining you and most people don't need any X-rays or scans. Some people will already have had a CT scan done in the Emergency Department if they have had other injuries, but this is not usually necessary for a simple nasal fracture.

## **What happens next?**

This is a “see and treat” clinic, which means that if you need a procedure to straighten your nasal bones, we will go ahead and do it on the day. This means that all your treatment is done on one visit. This is known as a ‘manipulation under anaesthetic’ (MUA). We usually recommend this is done with a local anaesthetic, so that you can go home soon after the procedure. Occasionally some patients may need sedation or a general anaesthetic but this may need to be arranged on a different day to your appointment to ensure that you are in a safe environment for this.

If you do need an MUA with local anaesthetic, this will be administered in the clinic room.

You may then be asked to wait in the waiting area again while this takes effect and the minor procedure room is prepared for you. You will receive the MUA in the minor procedure room with the specialist nose surgeon and a nurse. After the procedure you may remain in the room or be asked to take a seat again in the waiting room while you recover.

## **Why would I need a nose manipulation?**

We do a nose bone manipulation to re-align the broken bones to allow them to heal in as straight a position as possible. Nose bones take several weeks to heal, so we try to do this one to three weeks after the injury. This allows us to align the broken bones before they have had the chance to heal into an abnormal position.

The manipulation is mainly to correct the appearance of your nose, but in some cases it may also improve the breathing.

## **How do you do the manipulation of my broken nose?**

You will be in a comfortable position lying down and we will put some anaesthetic spray inside your nose. You will also have a small injection to the skin on the outside to make your nose numb. We let this work for a few minutes and then we use gentle pressure on the nose bones to push them back into the correct place. You may need a paper or plastic dressing (known as a “splint”) on the outside of your nose for a few days. You should keep this dry while bathing.

## **What are the risks?**

This is a straightforward procedure and most patients don’t have any problems. You may have a small nosebleed which will stop after a few minutes. Occasionally some people find it too uncomfortable to complete the procedure. Sometimes it may not be possible to push the bones back into a satisfactory position and some people may feel the nose still looks twisted or that the breathing isn’t right. In that instance, we recommend waiting two to three months for all the swelling to go down before making a final judgement. At that point, you should ask your GP to refer you to the ENT department at St George’s for another consultation.

If you have broken your nose more than once, it can be particularly difficult to correct.

If you have a bump on the bridge of your nose, then this often doesn't get better after a manipulation.

### **Are there any alternatives?**

The alternative would be to do nothing and let the bones heal into the position in which they are. Often this is just a cosmetic problem, which some people are not concerned about. Occasionally, if you do nothing, you may find breathing through your nose is affected long term.

### **How can I prepare for my appointment?**

**Please expect to be with us for AT LEAST four hours.** This is to allow time to both assess and treat your nose injury. If you have any old photographs of your nose to show how it looked before the injury, that can be helpful. Bring a list of any current medications you are taking and tell us about any allergies you might have. You should avoid alcohol for 24 hours before and after the appointment. As smoking is very harmful to the lining of your nose, we strongly recommend that you try to stop smoking. We can give you information on support for this if needed.

It is helpful if you can bring a family member or friend to accompany you home. If this is not possible, it will not stop us treating you.

### **What should you bring with you to your appointment?**

If you are on any regular medications, please bring them with you. You may want to bring a book or other entertainment while you wait and recover after the procedure. We advise you to wear a top which you don't mind getting dirty in case you have a nosebleed, however please ask for a gown if you would prefer this.

### **Asking for your consent**

It is important that you feel involved in decisions about your care. For a nasal manipulation, you will be asked to sign a consent form to say that you agree to have the treatment and understand what it involves including the risks. You can withdraw your consent at any time, even if you have said 'yes' previously. If you would like more details about our consent process, please ask for a copy of our policy.

### **Will I feel any pain?**

An element of discomfort is expected but, if it is too painful, we can add more anaesthetic and most people will manage to complete the procedure.

### **What happens after the nose manipulation?**

You will need to wait on the unit for a period of time immediately after the procedure where nursing staff will monitor you. Once nursing staff and the team are happy with your recovery, you will be able to go home as long as we feel that you are stable, you have no nosebleeds and are fit to do so.

## What do I need to do after I go home?

You can go back to work the next day, although some people prefer not to do so if they have a dressing in place. You should avoid contact sports for four weeks. Remember that your nose will always be more fragile than if you had never broken it.

## Will I have a follow-up appointment?

If you have a plastic dressing on your nose, we will ask you to return the following week to the same clinic to have the dressing removed and so that we can check the healing. If we put paper strips on, we usually ask you to remove them yourself after a week.

## When and where is your appointment?

The Nose Injury Clinic is based on Nye Bevan Unit, which is on the Ground Floor of St James's Wing, St George's Hospital. The hospital address is St George's Hospital, Blackshaw Road, Tooting, SW17 0QT.

There is paid parking on site (entrance from Blackshaw Road). If you attend the clinic, you can obtain a concessionary rate of £8 for the day. Please ask the reception staff to complete a form for you.

Your appointment has been booked for:

Day	Date	Time	Location
			Nye Bevan Unit, Ground Floor, St James's Wing.

## Contact us

If you have any questions or concerns about your appointment, please contact:  
Nye Bevan Unit, **Tel:** 020 8725 0470  
Secretary to Consultant Sarah Little, **Tel:** 020 8725 2052

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

## **NHS Choices**

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

## **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## **AccessAble**

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)).

The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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