



Fractured Nose

Patient and Family Education

What is a fractured nose?

A broken or fractured nose is a break of the nasal bone that results from injury to the nose.

What are the possible symptoms?

Your child may have one or more of the following symptoms:

- Pain and swelling of the nose
- Bruising on the nose and around the eyes
- Bleeding through either side of the nose
- Crooked appearing nose
- Trouble breathing through the nose

What is the treatment?

Your child's doctor will talk with you about specific care for your child. Some general guidelines to follow include:

- If your child can tolerate it, hold an ice pack on the nose for 5 to 15 minutes four times a day. Do this for as long as swelling is present.
- For nose bleeds:
 1. Raise your child's head or have him sit up and lean forward. Do not lean head back.
 2. Pinch nose firmly below the bony part for 10 minutes without letting up, even if the bleeding has stopped. You may repeat this procedure twice before calling your child's doctor.
 3. Tell your child to spit out blood.
- Use Afrin[®] or Neo-synephrine[®] nasal spray for bleeding if directed by your child's doctor. Do not use these sprays for more than 3 days.
- Give your child acetaminophen (Tylenol[®] or other less costly store brand) may be given for pain. Follow the directions on the box carefully or ask your doctor how much medicine to give.
 - Do not give your child more than 5 doses of acetaminophen in a 24-hour period.
 - Do not give acetaminophen to babies less than 3 months of age without a doctor's order.
- **Do not use aspirin or ibuprofen (Motrin[®], Advil[®] or less costly store brands).**
- Sniff instead of blowing the nose for one week.
- Teach your child not to pick his nose.
- If you think a bone has been broken, see your child's doctor for follow-up.

When should I call the doctor?

If your child **has not yet been seen by a doctor**, call the doctor **right away** if your child:

- Cannot breathe through both sides of the nose 6 hours after the injury.
- Has persistent watery drainage from the nose.
- Has pain not controlled by acetaminophen 6 hours after the injury.
- Has uncontrolled bleeding despite holding direct pressure on the nose.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child. A Children's Healthcare of Atlanta pediatric advice nurse is available 24 hours a day at 404-250-KIDS.

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Also call the doctor if:

- The nose is still tender 24 hours after injury.
- The nose is still crooked 24-48 hours after injury.
- You think the nose is broken.
- The nose has any colored or smelly drainage.

If your child has been seen by a doctor already, call the doctor as he directs and if:

- The nose has any colored or smelly drainage.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

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