

# Straightening your broken nose (manipulation of a nasal fracture)

Ear, Nose and Throat Department

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Information for Patients

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## What is a manipulation of a nasal fracture?

If the nose has been damaged, the bones in the nose can be broken and fragments moved out of place. This makes the nose look out of shape. Manipulation of a nasal fracture is an operation to move the bones back into place and to improve the appearance of the nose.

There are no guarantees that any problems you are having with breathing through your nose will improve. This is a cosmetic procedure to improve the look of your nose. There may also be some small irregularities of the bones that you may be able to feel although they are not visibly obvious, despite having a nose that looks straight.

Any procedure needed to correct the shape of your nose may be **carried out with you/your child awake**. This is because of risks of exposure to general anaesthetic. The current guidance is that general anaesthetic should be avoided as much as possible, however younger children may still need one.

It is usual to use local anaesthetic injections into the skin of the nose to numb it before straightening the bend but some people decide not to have these injections. It is extremely painful but can be a very successful alternative to injections.

On rare occasions it is necessary to lift bone fragments so an instrument may be inserted into a nostril to do this. This sometimes causes a nose bleed and can make your nose feel slightly more blocked up than it was but this is a temporary situation and will improve as the nose heals.

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## Advice after surgery

The local anaesthetic you have had will wear off in about 1 hour. If you have had numbness in your teeth this usually returns to normal first.

You may need regular painkillers such as paracetamol or ibuprofen after the procedure. Please make sure you have some, and follow the instructions that are given on the packaging.

Your nose may look bruised and swollen after the procedure.

The swelling can be reduced by putting an ice pack (ice or frozen peas in a tea towel) gently over the bridge of the nose on and off for 10 minutes at a time for the first couple of hours. Take care to protect your eyes from the cold.

Your nose will become blocked for 1 to 2 weeks due to the swelling. This will resolve by itself.

Sleeping slightly propped up (on a couple of extra pillows) will help speed up the rate at which the swelling and blockage improves.

You may have a mucous discharge from your nose, like a bad cold, this may have some blood in it. This is normal.

You should avoid heavy lifting for 48 hours as this can cause nose bleeds.

You should avoid blowing your nose for at least 1 week, and only sniff gently if needed. If you sneeze you should try to have your mouth open.

If your nose starts to bleed, gently pinch the soft parts of your nose (nostrils) together for 5 minutes. If this does not stop it then apply an ice pack (as above), whilst holding the tip for 15 minutes. If it continues to bleed then speak to your GP.

You will be able to return to normal activities when you feel comfortable. However, all contact sports such as football and rugby should be avoided for 4 weeks.

The healing process with broken bones can take up to 12 months before complete repair and remodelling has finished and there may be some sensitivity to temperature changes and touch for up to a year.

## Contact details

If you have any concerns call ENT Outpatients (9am to 4.30pm) Tel: **0116 258 5318 (option 5)** or email: **ENTSecretaries@uhl-tr.nhs.uk**

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