Nose bleeds and nose injuries

Nose bleeds (epistaxis)
You have had a nose bleed which has now stopped.

Do not blow your nose, rub your nose, sneeze violently, pick your nose, drink hot drinks or alcohol for 24 hours as any of these may cause another bleed to start.

If bleeding does recur, lean forward and pinch high up on the soft part of the nose with your finger and thumb, WITHOUT LETTING GO for at least 15 minutes. Some blood may still drip from the nose - do not worry - keep on pressing.

Repeat for another 15 minutes if it is still bleeding.

If the bleeding has not stopped within one hour, or you feel unwell, then return to the Emergency Department.

Broken nose
You have sustained an injury to your nose. There is possibly a fracture underneath the swelling - this will go down in about 5 - 7 days time, and nothing needs to be done until then.

There is no need to do an x-ray, as this does not help the doctor make a diagnosis.

You will be given a Head and Neck Outpatients appointment, where you will be seen by a doctor to assess whether any further treatment is required.

Meanwhile, do not blow, rub or pick your nose as this may aggravate the injury.

IF BOTH NOSTRILS BECOME BLOCKED AND YOU ARE UNABLE TO BREATHE THROUGH YOUR NOSE - RETURN TO THE EMERGENCY DEPARTMENT.

Call 111 for non-emergency confidential health care advice and information, 24 hours a day.

“Call 111 when it’s less urgent than 999”

Derby Hospitals’ patient information publications are available at:
www.derbyhospitals.nhs.uk/patient-information-publications