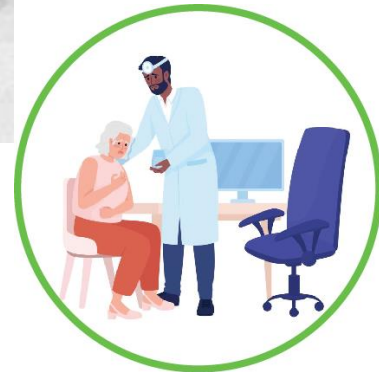


Nasal Fracture

A nasal fracture or broken nose is common and can result from a forceful hit to the nose. Causes include a fall, traffic accident, sports injury or physical altercation. Sometimes, surgery may be needed to correct a nose that has been bent out of shape by the injury or causes difficulty with breathing. Serious nose injuries cause problems that need a health care provider's attention right away, where minor injuries may need follow up with a health care professional to monitor proper healing.



What to Expect

Symptoms of a nasal fracture include:

- Pain and/or swelling
- Bloody nose (epistaxis)
- Difficulty breathing through the nose
- Misshapen appearance
- Bruising around the nose and eyes

Recommended Follow-Up

☐ Follow up in ___ days.

Name of Provider

Reason

Date/Time

Location

Contact Info

☐ _____
☐ _____



When to Get Help

Go to a pharmacist, or call 811 (711 for deaf or hard of hearing) if:

- You have questions about your medication & condition
- You need to refill or renew your medication

Go to the nearest Emergency Department or Urgent Care if you experience:

- Increased pain or nosebleed
- Clear fluid drains from the nose
- You have difficulty breathing

The information in this document is intended solely for the person to whom it was given by the health care team. This information does not replace the advice given to you by your health care provider.

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EMERGENCY CARE BC
Provincial Health Services Authority

EmergencyCareBC.ca

- Changes in your vision

Go to a walk-in clinic, see your health care provider, or call 811 (711 for deaf or hard of hearing):

- In next 5 days to assess if further treatment is needed
- If you have a fever or your pain is not controlled
- If you have concerns about the appearance of your nose or difficulty of breathing through a nostril

To Learn More:

- HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or visit www.HealthLinkBC.ca to speak to someone who can help you find reliable health information or connect you with a health professional.
- Information about BC's health services: <https://www.healthlinkbc.ca/find-care>



How to Care for Yourself at Home

Medication

Over the counter pain medication such as acetaminophen (Tylenol) or NSAIDS such as ibuprofen (Advil) can be used to relieve the pain of a nasal fracture. If your pain is severe, your doctor may suggest a prescription-strength medication.



Your pharmacist can also help understand how to take the medication properly, manage potential side effects, and avoid interactions with other medications or supplements you may be using.

Additional Information

Nose Fracture | My Health Alberta:
<https://myhealth.alberta.ca/Health/af/tercareinformation/pages/conditions.aspx?hwid=uf7723>

Broken Nose | HealthLinkBC
<https://www.healthlinkbc.ca/healthwise/broken-nose-nasal-fracture>

Broken Nose | SportMedBC
<https://sportmedbc.com/article/broken-nose/>

Nose Injuries | Saskatchewan Health Authority
<https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/healthline-online/nosei>

Diet

A healthy diet with adequate amounts of both macro- and micronutrients is essential, for both decreasing fracture risk and enhancing the healing process after fracture.



Activity

Apply ice packs or cold compresses for 20-30 minutes as often as you can to reduce swelling and pain.



Elevate your head, especially while sleeping to minimize swelling.

Avoid blowing your nose and sneeze through your mouth for the first week or so.

Avoid strenuous activity that could result in further trauma to the nose should be avoided during the first 6 weeks (use protective gear if you must return to a contact sport sooner). Gradual return to activity can be resumed with consultation with your health care providers.

REFERENCES

1. Klinginsmith M, Katrib Z. Nasal Septal Fracture [Internet]. PubMed. Treasure Island (FL): StatPearls Publishing; 2022. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK555912/>

Find this information sheet on the ECBC website:

https://emergencycarebc.ca/clinical_resource/patient-information-sheet/nose-fracture/

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