

# Self-referral nasal fracture

---

## Patient information

---

### Background

A nasal fracture is common after a fall, sporting injury, or physical altercation. This is because the bones in your nose are the ones in your face that are most often broken because they stick out and lack support. To identify a broken nose, we do not always have to do an x-ray.

### Management

A broken nose normally heals on its own within three weeks without intervention. If you are unhappy with the shape of your nose after injury, you can self-refer for a manipulation. This is done under local anesthetic by the ear, nose, and throat (ENT) team. This is only for bones that have moved to one side and have changed the way you look.

### How to self-refer:

To self-refer for a manipulation of nasal fracture under local anaesthetic at Poole Hospital.

**This must happen on days 5-7 after injury due to the timeframe in which a manipulation is likely to be successful.**

Email: [nasal.fractures@uhd.nhs.uk](mailto:nasal.fractures@uhd.nhs.uk)

With:

- Your name
- Date of Birth
- NHS or hospital number
- Your preferred contact number

Please include images of:

- Aerial view of the nose (from the top)
- Image from the front of face

### What happens after self-referral?

You will get a phone call from the ENT team. They will triage you and may book you an appointment for review and potentially a nasal manipulation under local anaesthetic.

# Nasal manipulation

A member of the ENT team will take a history from you. They will look at your fracture and get written consent. You will get a copy of this.

The procedure takes between 10 and 15 minutes.

Local anesthetic is injected into the nasal bridge. The bones are then manipulated manually, using digital pressure.

**The intended outcome of a manipulation is for cosmetic benefit only.**

**Common risks associated with procedure:**

Pain, bleeding, bruising, swelling, not being happy with the cosmetic appearance, and reactions to local anesthetic.

## Appointment location

Ward C4E treatment room (level 4 blue zone)  
Poole Hospital  
Longfleet Road  
BH15 2JB

**Contact number to reschedule appointment:**

**0300 019 2416** (not to be used for referrals).

**Please note the emergency clinic appointments are Monday-Friday, 10am-1pm**

---

The Royal Bournemouth Hospital, Castle Lane East, Bournemouth, Dorset, BH7 7DW  
Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: **Hannah Light** Date: **August 2024** Version: **One** Review date: **August 2027** Ref: **117/24**

w: [www.uhd.nhs.uk](http://www.uhd.nhs.uk)



@UHD\_NHS



@UHDTrust



@uhd\_nhs