

Further appointments

A follow-up appointment may be required to assess healing and assist with removal of the plaster shield, if necessary. The appointment will be forwarded to you by post.

In an emergency who do I contact?

If you require urgent medical advice, telephone the hospital switchboard (**01483 571122**) and ask to speak to 'Ear, Nose and Throat surgeon on call'. The surgeon can then advise you over the phone or arrange to see you at the hospital if necessary.

Any complaints or comments

If you have any complaints or comments please contact the Doctors or Nurses straight away. If this does not solve the problem please contact the Day Surgery Unit Manager on **01483 406732** or write to the Day Surgery Unit, Royal Surrey County Hospital, Egerton Road, Guildford, Surrey, GU2 7XX. Similarly if you have any other comments about the service provided we would also like to hear from you.

Reference source

- www.ent-info.nhs.uk

Contact details

If you require further advice, please contact:

Day Surgery Unit

Telephone: 01483 406783, Mon–Fri, 8am–6pm

Surgical Short Stay Unit

Telephone: 01483 406828

Pre-assessment Clinic

Telephone: 01483 464152

Out of hours advice

Call 111 (formerly NHS Direct)
www.nhsdirect.nhs.uk

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Mon to Fri

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Manipulation of a broken nose

Day Surgery Unit

Surgical Short Stay Unit



Patient information leaflet

What is a manipulation of broken nose?

This procedure is performed to re-set the nose after injury. The purpose of the surgery is to restore the structure of the nose to as close to its pre-injury state as possible.

Ideally, this procedure should be performed within two to three weeks of the injury, before the nose has healed in the deformed position. The procedure can still be performed after three weeks, but may require more extensive treatment.

What does the procedure involve?

The procedure involves manipulating the bones back into the correct position, using instruments. Cutting or incisions are not required. Adhesive strips or a splint on the outside of the nose may be required to hold the nose in position as it heals.

What are the alternatives?

Surgery is not essential if the nasal passages are not affected. However, surgery is usually required to restore the appearance of the nose. If the injury has resulted in narrowing of the nasal passages, surgery to the septum on the inside of the nose may be required at a later date.

Potential risks and complications

Complications are rare, but may include:

- Deviation of the nose may persist despite manipulation. Further surgery may be required to correct the deformity.
- Excessive bleeding or bruising. Some bruising is normal after this procedure. However, if you are concerned, contact the Day Surgery Unit or your own GP for advice.

Will it be painful after the operation?

Some tenderness is to be expected following the procedure. This will vary depending on the extent of the injury. Painkillers will be given on the Day Surgery Unit as required.

You may also be prescribed painkillers to take home. These will carry a prescription charge unless you are exempt.

Care of the operation site

If you have a plaster shield in place, do not move it and keep it clean and dry.

Bleeding and bruising

Some bruising around the nose and eyes may occur following this procedure. This will disappear after a few days.

Bleeding from the nose following the procedure is unusual. If bleeding does occur, tip your head forward and gently

apply an ice pack to the forehead or suck an ice cube.

Do not pinch the bridge of your nose as this may disturb the healing bones. Seek medical advice from the surgeons (see 'in an emergency' on the back of this leaflet) if bleeding is heavy or persistent.

Activity and exercise

Avoid smoky, crowded or polluted atmospheres and stay away from people with colds or 'flu as much as possible to avoid discomfort and infection.

If you need to sneeze during the first two weeks after surgery, you may find it more comfortable to keep your mouth open as you sneeze.

The bones take 6 weeks to heal. Avoid contact sports for this period of time, as well as any activities that risk nasal injury.

Work

You will need at least two days off work to recover. The Day Surgery Unit can provide you with a doctor's certificate for time off work if required.

Driving

You **must not** drive for at least 48 hours following a general anaesthetic. You may resume driving when you feel comfortable.