

# 'One Stop' Nasal Fracture Clinic

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**You have been referred to this 'One Stop' Nasal Fracture Clinic after having a recent injury to your nose. This leaflet explains what happens in clinic and what is likely to happen during your treatment. If you have any further questions, please ask your healthcare professional.**

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## Diagnosing a nasal fracture

The nasal bones are the most commonly broken bones of the face as they have an exposed, prominent position and little structural support. By attending this 'One Stop' Nasal Fracture Clinic, we will be able to fully assess the injury to your nose and evaluate whether you would benefit from a procedure to improve any structural change to your nose.

X-rays aren't always useful when investigating damage to nasal bones and can miss approximately 50% of fractures. Therefore, the management of nasal injuries is guided only by the healthcare professional's examination.

An injury to your nose may result in a fracture (a break in the bones) and this may cause your nose to appear deviated (off centre) to one side. Some injuries can cause damage to the septum (the middle partition between the right and left nostril) which could also affect your breathing.

If you have any photos of your nose from before your injury, please show these to your healthcare professional.

## Do I need to have manipulation under anaesthesia (MUA)?

This 'One Stop' Clinic means we can assess and if needed, carry out a procedure on your nose during one appointment. The procedure to improve nasal fractures is called manipulation under anaesthesia (MUA). In adults we usually recommend this is completed under a local anaesthetic (you are awake, but the area is numbed) so that you can go straight home after your procedure. Very occasionally a general anaesthetic (you are asleep) may be needed but this will need to be organised for another visit to hospital. The MUA is a short (approximately 10 minutes) and simple procedure which aims to re-align the bones to improve your nasal breathing or appearance.

## During a MUA

A local anaesthetic will be injected into both sides of your nose in the clinic room. You may be asked to wait in the waiting room while the anaesthetic takes effect and the room is prepared for your procedure.

The procedure will be performed by an ENT (ear, nose and throat) physician associate\* or a doctor. You will be asked to lie down on the examination table. Once your nose is numb and you are comfortable we will gently apply pressure and push the nasal bones back into the correct position.

*\*A physician associate is a medically trained healthcare professional, who can provide medical care as part of the multi-disciplinary team.*

## Benefits

To straighten the nose, improve cosmetic appearance and help with breathing problems caused by nasal deformity.

## Risks

Complications after a MUA of the nose are rare. There is always a small risk of bleeding, infection or failure to improve the appearance or breathing function of the nose. If you have had previous injuries to your nose MUA may be less successful.

## After the procedure

We may ask you to wait in the department for a short amount of time after your procedure to ensure you recover fully. Once you are discharged from the clinic, you may continue your daily activities as normal. You should not play contact sports for six weeks after having a MUA of the nose.

If you feel your breathing is still affected or there is still a cosmetic deformity two months after this procedure, your GP will need to refer you to the ENT Department for an outpatient appointment to assess this further.

## How to contact us

If you have any concerns after this procedure, please ring the ENT Outpatient Department via the Clinical Admin Team (CAT1) (Monday to Friday, 8.30am to 5pm) Tel: 0118 322 7139 or email [rbbh.CAT1@nhs.net](mailto:rbbh.CAT1@nhs.net)

Outside of opening hours, please call NHS 111 or seek medical attention from an urgent care centre.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT ENT Department, April 2023

Next review due: April 2025