

## Manipulation of a fractured nose

Nasal bones are very fragile and can occasionally break when subject to trauma. This may cause the bones to shift from their original position (causing nasal deformity or “a bent nose”) and may also cause some narrowing of the nasal passages with a sensation of blockage. Assessment may be difficult initially until most of the swelling has settled (usually 5 days after the injury).

### Do I need to have it fixed?

Surgical correction of the deformity is recommended before the bones heal especially if the deformity is significant. Fractured nasal bones heal within approximately 2-3 weeks after the trauma. Hence it is important to see an ENT as soon as possible after the injury and have them repaired (if necessary) within two weeks after the injury.

### What if I decide not to have the surgery?

You can elect not to manipulate the nasal bones especially if there is no obvious external deformity or change in appearance. However, once the fracture has healed, any surgery needed to correct the deformity will require a more complex reshaping operation and this can be done at a later date.

### Do I need an X-ray?

In most cases, x-ray are unhelpful and do not alter the management plan. They are occasionally done for legal purposes in the case of physical assault.

### How is the surgery performed?

The surgery is performed under general anaesthetic (fully asleep) as a day procedure. The nasal bones are gently manipulated by the surgeon with a variety of instruments. The surgery usually takes between 10-15 minutes. An external tape and “plaster” will be placed over the bridge of the nose.

### Are there any risks?

The procedure is quick and simple and serious complications are uncommon. Minor risks include bleeding and failure to improve the position of the fractured bones. About 90% of patients will have a significantly improved cosmetic and functional outcome.

### Post-surgery recovery

There might be some minor pain and nose bleeding after the surgery. You will be advised against contact sports for at least 4 weeks after the surgery. This is to allow the bones to heal properly before any unexpected contact to the nose. You will be given an appointment to see your surgeon within a week of the surgery to assess the nose for any movement of the manipulated nasal bones. This is an uncommon occurrence and may require further manipulation.

You can usually return to school or work the following day. Your nasal dressing can be left intact until review but occasionally falls off earlier (which is of no concern).

## Costs

Our staff will provide an estimate of the costs of surgery prior to your operation. The costs will vary according to the extent of surgery required. Although we do attempt to make our estimates as accurate as possible, it is not always possible to predict the extent of surgery required before the operation. Therefore, final costs related to surgery, anaesthetic and hospital fees may vary from the original quotation.

The out of pocket costs incurred may vary between individual patients as:

- different health funds will provide different rebates for the same procedure.
- health funds may vary the amount of rebate depending on the fee charged by the surgeon.
- different health funds and policies will have different levels of excess payable.

The level of rebate paid by health funds relates to the contract between the patient and their particular health fund and we are unable to intervene regarding this.

We encourage you to check with your health fund prior to surgery to ensure they will provide coverage for your surgery and determine what excess may be payable to the hospital.

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*Whilst every care has been taken to make this information sheet as accurate as possible, individual experiences and outcomes may differ. It is important to discuss any concerns with your surgeon prior to considering surgery.*

*This information sheet was written for patients of Ear, Nose and Throat Victoria only. They are not to be copied or distributed in any way without written permission from ENT Victoria.*

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