

How to Care for Your Child with a Soft tissue Nose Injury

This leaflet will provide you with information about a soft tissue nose injury causes, symptoms, diagnosis, treatment and home care advice.



What is a Soft Tissue Nose Injury?

Soft tissue nose injury means injury to the nose without breaking any bones. Instead, the injury affects the softer parts of the nose, like the skin or the inner parts of the nose.

What Causes Soft Tissue Nose Injuries?

Soft tissue nose injuries are usually caused by blunt force from:

- Falls
- Road traffic accidents
- Contact sports like football, rugby, etc.
- Being hit by objects
- Being punched or kicked
- Other similar incidents

What are the Symptoms of Soft Tissue Nose Injury?

Nose injuries may seem worse than they are. Common symptoms are:

- Pain and Swelling
- Nosebleed
- Trouble breathing through the nose

How is a Soft Tissue Nose Injury Diagnosed?

- Your child's doctor can usually diagnose the injury by examining your child's nose.
- An X-ray is rarely needed.

How is a Soft Tissue Nose Injury Treated?

- These injuries usually heal on their own, even if the nose appears mis-shaped.
- If your child's doctor advises to give medicine, you can give Paracetamol (any brand) or Ibuprofen (any brand), while considering the following:
 - o Follow the dosage instructions on the medicine package.
 - o Do not give your child Aspirin as this can cause serious issues.

Home Care Advice:

- Let your child rest for the next couple of days.
- Keep your child's head raised a bit while sleeping (use pillows or raise the bed's head).
- Apply a cold pack to the nose for a few minutes many times on the first day to reduce swelling.
- Avoid the following:
 - o Exercise
 - o Straining or exerting yourself
 - o Lifting heavy weights
 - o Blowing the nose
 - o Hot food & drink
 - o Repeatedly touching or dabbing the nose

Return to School/Activities:

Let the school know about the injury. Your child may need to skip some activities to fully heal.

When Should I Seek Medical Advice?

If, after 5-7 days:

- The swelling hasn't gone down
- Your child still can't breathe normally through the nose
- The nose still looks crooked

Go to the Emergency Department if Your Child:

- Has a nosebleed that you can't stop at home.

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