

HEALTH EDUCATION
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more information on this subject:
Ask the Librarian : Free Answers to any Health Questions !!

<http://www.healthlibrary.com/information.htm>

For More Info: ASK A LIBRARIAN



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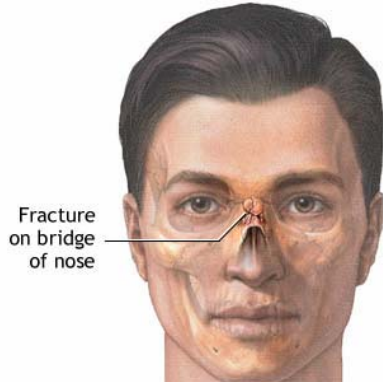
Nose



Nose Fracture

**LET'S HELP
ERADICATE
IGNORANCE**

Nose Fracture



Nose Fracture, also known as Fracture of the nose or Broken nose, is a break in the bone or cartilage over the bridge, in the sidewall, or septum (line dividing the nostrils) of the nose.

A fractured nose is the most common fracture of the face. It usually occurs after an injury and often occurs with other facial fractures. Sometimes, as a result of a blunt injury, the wall dividing the nostrils (septum) can separate.

Nose injuries and neck injuries are often seen together because a blow that is forceful enough to injure the nose may be hard enough to injure the neck.

Serious nose injuries cause problems that require a doctor's attention right away. For example, damage to the lining of the septal cartilage can result in a collection of blood forming inside the nose. If not drained promptly, this can result in an abscess or a permanent deformity that causes a nasal blockage. It may ultimately result in tissue death and collapse of the nose itself.

However, for minor nose injuries, the doctor may prefer to see the patient within the first week after the injury if the nose may have become deformed.

Occasionally, surgery may be needed to correct a deformity of the nose or septum caused by a trauma.

Symptoms

- Blood coming from the nose
- Bruising around the eyes
- Difficulty breathing through the nose
- Misshapen appearance (may not be obvious until swelling goes down)
- Pain
- Swelling

The bruised appearance usually disappears after 2 weeks.

First Aid

- Reassure the patient and try to keep the patient calm.
- Have the patient breathe through the mouth and lean forward in a sitting position in order to keep blood from going down the back of the throat.
- Apply cold compresses to the nose to reduce swelling. If possible, the patient should hold

the compress so that there isn't too much pressure on the nose.

DO NOT

- Do NOT try to straighten a broken nose.
- Do NOT move the person if there is reason to suspect a head or neck injury.

When to Contact a Medical Professional

Get medical help right away if:

- Bleeding will not stop.
- Clear fluid keeps draining from the nose.
- You suspect a blood clot in the septum.
- You suspect a neck or head injury.
- The nose looks deformed.
- The person is having difficulty breathing

Prevention

Wear protective headgear while playing contact sports, riding bicycles, skateboards, roller skates, or rollerblades. Use seat belts and appropriate car seats when driving.

