


Nose Injury: Broken, Nosebleed, Foreign Object

- Look for**
- Injury to nose/face, swollen/malformed nose
 - Bleeding from nostril, back of throat, elsewhere
 - Foreign object in nose

- Listen for**
- Choking

And statements about:

- Difficulty breathing
- Injury to face/nose
- “Picking” nose or putting an object into the nose
- Past episodes of nosebleeds

- Action**
1.  If bleeding is profusely spurting or does not stop in 10 minutes, call for help (EMS/9-1-1, school nurse, and first aid-trained staff).
 2. Have student sit upright while tipping head forward.
 3. Encourage student to breathe through the mouth and pinch both nostrils about halfway from the nasal bridge, using the thumb and index finger on the fleshy part of the nose. Pinch for 10 minutes. May apply ice pack, wrapped in towel, to bridge of nose.
 4. If nose is misshapen or misaligned, or swelling, pain, or bruises are around the eyes, apply cold compress to nose.
 5. After bleeding has stopped, instruct student to not touch, rub, blow, or pick nose.
 6. For object in nose, have student hold the clear nostril closed and gently blow the nose. **Do not** attempt removal.
 7. If a nurse is unavailable, share the need with parent for medical attention when student has frequent nose bleeds, lodged foreign object in nose, or signs of a broken nose.

