

Nasal trauma

After getting his in the face, your child's nose might be swollen and/or crooked.

Follow up

A swollen, crooked nose should be followed up at the ear, nose and throat (ENT) clinic (öron-näs-halsmottagning) at Sahlgrenska, Gröna Stråket 5, 1st floor. You can ring 031-3431255 to book a time. It is a good idea to ring soon, because the visit should be within the next few days, once the swelling has gone down a little.

Potential complications

A rare complication after a blow to the nose is when blood pools in the area between the nostrils, the septum. This is known as a septum hematoma. Symptoms are a severely blocked nose, and sometimes fever and increased pain. If this occurs you should seek care as soon as possible. You can go to *vårdcentral/jourcentral*, the ENT clinic, or the children's emergency department.

What should we do ourselves?

Check every day if your child has a blocked nose. If your child has a blocked nose: get your child to blow their nose, if possible. After that you can give them nose drops/spray to reduce swelling (e.g. Otrivin/Nezeril). After 15 minutes, check to see that your child can breathe through both nostrils. If their nose is unblocked and they can breathe normally, there is no need to consult a doctor. If it is still blocked, seek care at the above listed locations.

Children's emergency department

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Valid from 251104