

Minor Injuries Units

North Dorset:

Blandford Community Hospital

Milldown Road, Blandford DT11 7DD

Telephone: **01258 394032**

Westminster Memorial Hospital

Magdelene Lane, Shaftesbury SP7 8BD

Telephone: **01747 475251**

Yeatman Community Hospital

Hospital Lane, Sherborne DT9 3JU

Telephone: **01935 813991**

South West Dorset:

Bridport Community Hospital

Hospital Lane, Bridport DT6 5DR

Telephone: **01308 426245**

Lyme Regis Medical Centre

Uplyme Road, Lyme Regis DT7 3LS

Telephone: **01297 445777**

Portland Community Hospital

Castle Road, Portland DT5 1AX

Telephone: **01305 860111**

Weymouth Community Hospital

Melcombe Avenue, Weymouth DT4 7TB

Telephone: **01305 762545**

South and East Dorset:

St. Leonard's Community Hospital

Local Treatment Centre (out of hours)

241 Ringwood Road, Ringwood BH24 2RR

6.30 pm–10.30 pm Monday–Friday,

8 am–8 pm Sat, Sunday and bank holidays.

Telephone **111** for an appointment.

Swanage Hospital

Queens Road, Swanage BH19 2ES

Telephone: **01929 475009**

Victoria Hospital

Victoria Road, Wimborne BH21 1ER

Telephone: **01202 856410**

Emergency Departments

Dorset County Hospital

Williams Avenue, Dorchester, DT1 2JY

Telephone: **01305 251150**

Poole General Hospital

Longfleet Road, Poole, BH15 2JB

Telephone: **01202 665511**

Royal Bournemouth Hospital

Castle Lane East, Bournemouth, BH7 7DW

Telephone: **01202 704167**

Salisbury Hospital

Odstock Road, Salisbury, SP2 8BJ

Telephone: **01722 336262**

Yeovil District Hospital

Higher Kingston, Yeovil, BA21 4AT

Telephone: **01935 475122**

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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**Dorset HealthCare
University**

NHS Foundation Trust

Minor Injuries Unit

Advice on nose injuries



Dorset HealthCare University NHS Foundation Trust

Sentinel House

4–6 Nuffield Road

Poole, Dorset

BH17 0RB

☎ 01202 277000

🐦 @DorsetHealth

🌐 www.dorsethealthcare.nhs.uk

**Information
for patients,
relatives and carers**

**Excellence
Compassion
Expertise**

Advice to patients suffering nose injuries

Any swelling around the nose should be allowed to settle for 5 days.

If after this time, your nose appears out of shape or if there is any nasal blockage, then you should contact your nearest Ear, Nose and Throat (ENT) department and ask for an appointment to see the Ear, Nose and Throat Specialist.

Local ENT clinics are held at Dorset County, Blandford, Bridport and Sherborne hospitals. Please contact the relevant hospital for an appointment:

Dorset County Hospital:
01305 255444

Blandford Hospital: 01258 456541

Bridport Hospital: 01308 422371

Yeatman Hospital, Sherborne:
01935 813991

Bournemouth / Poole Patient Services including ENT:
01202 443815

If you are a visitor to this area and will have returned home in 5 days' time, please contact your local Ear, Nose and Throat Specialist department if necessary.

If the nose is bleeding:

- Use ice packs (such as frozen peas wrapped in a tea towel or cloth) and hold on your nose for about 10 minutes. Repeat this as necessary.
- If you live alone, inform a relative, friend or neighbour that you have had a nose bleed.
- If you are over 65 years old and taking Warfarin or Aspirin, inform your doctor that you have had a nose bleed.

Do not:

- Blow your nose hard.
- Remove any blood clots from your nose.

Who to contact if you are concerned

If your painkillers are not helping, or if you feel dizzy or unwell, or if you have recurrent nosebleeds that will not stop, please contact your Doctor.

Further advice

If your condition gets worse, other symptoms develop, or you're generally concerned and need advice quickly, contact NHS **111** or log on to www.nhs.uk/111

You may also contact your Doctor during normal surgery hours. If the call to your Doctor is urgent and outside the normal surgery hours of 8.00am to 6.30pm, your surgery will redirect you to the appropriate out of hours service or advise you to call the NHS **111** number.

Out of hours – please call your own GP's out of hours contact number.

In an emergency, dial **999**.

Please read this leaflet carefully.

If you are concerned or there is anything you do not understand or you require further information, please contact your nearest Minor Injuries Unit or Urgent Care Centre using the contact details on the back of this leaflet.