



## Tips from the battlefield: Broken or bleeding nose

With Wakefield Sports Clinic's James Ilic: Team Doctor for Adelaide United, Woodville-West Torrens; Australian Beach Volleyball; Matildas.



**Wakefield Sports Clinic (WSC):** A player is bleeding profusely from a suspected broken nose, what would you do?

**James Ilic (JI):** a fractured nose is a reasonably common occurrence in Australian Rules Football. The main concern is to stop the blood flow. If the nose was significantly deformed, a qualified medical practitioner may attempt to reduce the fracture at that time. But in the absence of a qualified practitioner, then the emphasis remains on stopping the bleeding.

**WSC:** What techniques can you use to stop the bleeding?

**Ji:** The simplest is using a ribbon gauze doused in an adrenaline-based ointment such as *Rectinol*. The adrenaline reduces or stops the blood flow, and this should be in most trainers' medical kits. The gauze is soaked in the ointment and then packed into the nose and held securely by tape. This is left in place until the bleeding has stopped, the player is comfortable and the officials are convinced that everything is OK for a return to the field (which is what you're hoping to achieve).



**WSC:** Is there any particular way to wrap the tape so the gauze stays in place?

**Ji:** The most important thing is to push the gauze up firmly, and the player will let you know if it's too uncomfortable. It is important everything is packed in firmly so that it's not just the adrenaline that stops the bleeding, but the pressure from the gauze as well. Then, just a strip of tape underneath the nose to hold it in place. Often during a game, however, sweat will prevent adhesion, so you may need to wrap. If blood seeps through, just replace the tape.



**WSC:** How long should the player keep the gauze in?

**Ji:** Remove it at the end of the game, and advise the player not to blow their nose for 24 hours because it may dislodge to clot and cause bleeding to resume.



If a fracture is suspected, refer the player to a doctor who can organise x-rays, etc. If there is a significant deformity, the doctor can then refer them to an Ear, Nose and Throat Surgeon to have it surgically corrected. Players can elect to have it attended to immediately, or at the end of the season.

For more sports injury-related and high-performance information, visit [www.wakefieldsports.com.au](http://www.wakefieldsports.com.au) Wakefield Sports Clinic is responsible for the care of many of the nation's elite athletes, including players from the Adelaide Crows, Adelaide United, 36ERS, Matildas, Young Socceroos, six out of nine SANFL Teams, the SAAFL, NetballSA and much more.

Pics: [theage.com.au](http://theage.com.au) ; [sportsillustrated.com](http://sportsillustrated.com)