

NOSE BLEED

Most nose bleeds are mere nuisances, but some can be quite frightening.

To Stop an Anterior Nose Bleed

1. Blow all the clots out of your nose.
2. Pinch all the soft parts of the nose together between your thumb and two fingers.
3. Press firmly toward the face – compressing the pinched parts of the nose against the bones of the face.
4. Hold for a minimum of five minutes (timed by clock).
5. Keep head higher than the level of the heart – sit up or lie with head elevated.
6. Apply ice (crushed in a plastic bag or washcloth) to nose and cheeks.

To Prevent Re-Bleeding after Bleeding has Stopped

1. Refrain from vigorous activity for at least 48 hours.
2. Do not pick or blow nose.
3. Do not strain or bend down to lift anything heavy.
4. Rub a small amount of lubricating cream (such as Vaseline or Neosporin) inside of nose.
5. Increase humidity.
6. Avoid NSAID medications (ex: Ibuprofen or Advil).

If Re-Bleeding Occurs

Repeat Steps 1-5.

When to Call the Doctor or go to the Emergency Room

1. If bleeding cannot be stopped or keeps re-appearing (uncontrolled for 20 minutes).
2. If bleeding is rapid or if blood loss is large.
3. If you feel weak or faint, presumably from blood loss.
4. If bleeding begins by going down the back of the throat rather than the front of the nose.
5. If taking anticoagulant medication.

Contact your physician if you have any questions or problems.