

IF RE-BLEEDING OCCURS

Occasionally after a nose bleed is stopped, it begins to bleed again. You may try the following:

- Attempt to clear nose of all blood clots.
- Spray nose four (4) times in the bleeding nostril(s) with a decongestant spray * such as *Afrin* or *Neo-Syneprine*.
*(Do not use if you have hypertension).
- Press firmly but gently with your thumb and the side of your index finger toward the face, compressing the pinched parts of the nose against the bones of the face.
- Hold that position for a full five minutes by the clock.
- Repeat these steps as necessary.

Call or come to UHS or your doctor if bleeding persists.

from the American Academy of Otolaryngology

TIPS ON PREVENTING NOSEBLEEDS

- Keep fingernails short to discourage nose picking.
- Counteract the drying effects of indoor heated air by using a humidifier at night in your bedroom.
- Quit smoking. Smoking dries out your nose and also irritates it.
- Open your mouth when you sneeze.
- Do not insert any object into your nose.

CALL OR COME TO UHS OR YOUR DOCTOR IF:

- ***The bleeding continues for more than 15 minutes.***
- ***The bleeding was caused by an injury.***
- ***You get nosebleeds often.***

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HOW TO CARE FOR A NOSE BLEED



The Nose is a part of the body rich in blood vessels and it is situated in a vulnerable position as it protrudes on the face.

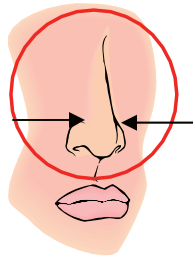
HOW TO STOP A NOSEBLEED

If you or a friend has an anterior nosebleed, you may be able to care for it yourself using the following steps:



FIRST:

Help the patient stay calm, especially a young child/person. A person who is agitated may bleed more profusely than someone who's been reassured and supported.



The Nose

Or

NEXT:

1. Pinch all the soft parts of the nose together between your thumb and the side of your index finger.
2. Soak a cotton ball with Afrin, NeoSynephrine, or Dura-Vent spray and place this into the nostril.
3. Press firmly but gently with your thumb and the side of your index finger toward the face, compressing the pinched parts of the nose against the bones of the face.
4. Hold that position for a full five minutes by the clock.
5. Keep head higher than the level of the heart. Sit up or lie back slightly with the head elevated.
6. Apply crushed ice in a plastic bag or washcloth to nose and cheeks.

ANTERIOR NOSEBLEEDS

Most nosebleeds begin in the lower part of the septum, the semi-rigid wall that separates the two nostrils of the nose. The septum contains blood vessels that can be broken by a blow to the nose or the edge of a sharp fingernail. This type of nosebleed comes from the front of the nose and begins with a flow of blood out one nostril when the patient is sitting or standing.

Anterior nosebleeds are common in dry climates or during the winter months when heated, dry indoor air dehydrates the nasal membranes. Dryness may result in crusting, cracking, and bleeding. This can be prevented if you place a bit of lubricating cream or ointment about the size of a pea on the end of your fingertip and then rub it inside the nose, especially on the middle portion of the nose (septum).

CAUSES OF NOSEBLEEDS

- **A hot dry indoor climate**—This is a trigger for nosebleeds in parts of the United States where heat (especially forced-air-heat) is used during the winter months. Changes in the seasons is also a factor.
- **Allergies or Infections**, that causes itching and lead to picking of the nose.
- **Vigorous nose blowing** that ruptures superficial bleed vessels in the elderly and in the young.
- **Fractures of the nose or of the base of the skull** that can cause bleeding and should be regarded seriously when the bleeding follows a head injury.
- **Medications** which prevent normal blood clotting, (i.e. Coumadin, aspirin or any anti-inflammatory medication).
- Abnormal growths or tumors, particularly in the older patient or in smokers.

TREATMENT FOR NOSEBLEEDS

Many physicians suggest any of the following lubricating creams or ointments. They can be purchased without a prescription:

- Bacitracin
- Eucerin
- Polysporin
- Triple Antibiotic
- Vaseline

Up to three (3) applications a day may be needed, but usually every night at bedtime is enough.

A saline nasal spray will also moisten dry nasal membranes.

Use a humidifier during dry winter months.

RECURRING NOSEBLEEDS

Recurring nosebleeds can also be caused by:

- * **Blowing or picking the nose.**
- * **Strain or bend down to lift anything heavy.**
- * **Have your head down lower than you heart.**

A nosebleed that recurs 4 times or more in a week needs medical evaluation to determine the seriousness of the problem.

Nosebleeds that recurs 2 to 3 times in a month may mean that a chronic condition such as allergies is causing the nosebleeds.

When nosebleeds cannot be controlled by home treatment, you need an evaluation by your health professional.