

NOSEBLEEDS

YOUR CARE INSTRUCTIONS

- Nosebleeds are common, especially if you have colds or allergies. Many things can cause a nosebleed.
- Some nosebleeds stop on their own with pressure. Others need packing. Some need to be cauterized (sealed). If you have gauze or other packing materials in your nose, you will need to follow up with your doctor to have the packing removed. You may need more treatment if you get nosebleeds a lot.

TO STOP A NOSEBLEED:

- Relax
- Sit down and lean your body and your head slightly forward. This will keep the blood from running down your throat, which can cause nausea, vomiting, and diarrhea. (Do NOT lay flat or put your head between your legs.)
- Breathe through your mouth.
- Use a tissue or damp washcloth to catch the blood.
- Use your thumb and index finger to pinch together the soft part of your nose. Squeezing at or above the bony part of the nose will not put pressure where it can help stop bleeding.
- Keep pinching your nose continuously for at least 5 minutes (timed by clock) before checking if the bleeding has stopped. If your nose is still bleeding, continue squeezing the nose for another 10 minutes.
- You can spray an over-the-counter decongestant spray, such as oxymetazoline (Afrin®, Dristan®, Neo-Synephrine®, Vicks Sinex®, others) into the bleeding side of the nose and then hold apply pressure to the nose as described above. **WARNING:** These topical decongestant sprays should not be used over the long term.
- Once the bleeding stops, **DO NOT** bend over; strain and/or lift anything heavy; and **DO NOT** blow, rub, or pick your nose for several days.
- Do not blow your nose too hard.
- Try not to lift or strain after a nosebleed.
- Raise your head on a pillow while you sleep.
- Put a thin layer of oil or water-based nasal gel, such as Ponaris oil or NasoGel, inside your nose. Put it on the septum, which divides your nostrils. This will prevent dryness that can cause nosebleeds.
- Use a vaporizer or humidifier to add moisture to your bedroom. Follow the directions for cleaning the machine.
- Do not use aspirin, ibuprofen (Advil, Motrin), or naproxen (Aleve) for 36 to 48 hours after a nosebleed unless your doctor tells you to. You can use acetaminophen (Tylenol) for pain relief.
- Stop steroid nasal sprays such as Flonase, Nasacort or Rhinocort if you are having nosebleeds.
- Talk to your doctor about stopping any other medicines you are taking. Some over the counter supplements like Vitamin E, fish oil and garlic make you more likely to get a nosebleed.
- Do not use cold medicines or nasal sprays without first talking to your doctor. They can make your nose dry.
- Please call ENT at 208-746-1383, ext 5153 with questions or concerns.