

NOSEBLEEDS (EPISTAXIS)

Nosebleeds are common and are rarely a serious problem. Most nosebleeds are brief and stop on their own. The bleeding can usually be controlled with pressure (squeezing) applied to the soft part of the nose. Aspirin and other blood thinning medications may increase the occurrence and frequency of nosebleeds.

Please follow these instructions carefully:

- Try not to touch your nose for 24 hours.
- Sleep with your head raised on several pillows.
- Avoid heavy lifting, pushing, pulling, straining or bending over.
- If you are taking aspirin or blood thinners (coumadin), call your doctor.
- Take any medications prescribed.
- Avoid hot drinks, smoking and alcohol.
- If you must sneeze, sneeze out of your mouth.
- Use a vaporizer/humidifier to relieve dryness.
- Leave packing in place if your nose is packed. Do not pull packing out. It should be removed by a doctor in 1-3 days. An antibiotic may be prescribed for you while the packing is in place. **If bleeding restarts around packing or in the back of your throat, return to Emergency Department immediately.**

If no packing was placed in your nose:

- Very gently blow your nose if you have to.
- Use salt water nose spray 4 times a day.
- Put nothing in your nose (fingers, tissues, gauze).
- Use small amounts of Bacitracin ointment in the nostril for 4 days to help relieve dryness.

Return to the Emergency Department or see your own doctor right away if any problems develop, including the following:

- Bleeding continues longer than 30 minutes after applying pressure.
- Nosebleeds become more frequent.
- You notice blood in your urine or stool.
- Anything else that worries you.

The Emergency Department is open 24 hours a day for any problems.