



NOSE BLEEDS (EPISTAXIS)

WHAT TO DO IF YOU HAVE A NOSEBLEED:

1. Use AFRIN or generic equivalent. Ask your Pharmacy. **Spray 4 times in the affected nostril.**
2. Pinch the nostrils closed for 5-10 minutes. **If you are on blood thinners, please hold for 10-15 minutes.**
3. Press firmly toward the face compressing the pinched part of the nose against the facial bones.
4. **Drink ICE COLD liquids only, for the next few hours. Hold an ice cube in your mouth, if you have dentures, remove the upper denture first.**
5. **CONTACT THE OFFICE IF THE ABOVE FAILS TO CONTROL THE BLEEDING AFTER 30 MINUTES.**

WHEN THE BLEEDING HAS BEEN CONTROLLED:

1. **Don't** blow your nose forcefully or sniff vigorously, simply blot with a tissue.
2. **Don't** engage in strenuous activity for 3-4 days.
3. **Don't** lift heavy objects or bend over.
4. **Do** sneeze with your mouth open.
5. **Do** elevate your head and shoulders with 2-3 pillows when going to sleep.

TO PREVENT NOSEBLEEDS:

1. **Don't** pick your nose. Trim your fingernails to prevent trauma.
2. **Don't** take aspirin or aspirin containing products.
3. **Don't** take Advil, Motrin, Ibuprofen, Aleve or any other non-steroidal anti-inflammatory medicines (NSAIDS).
4. Use Tylenol if you need something for pain.
5. Avoid cigarettes and smoking.
6. Use saline nasal spray (any brand is fine) to moisturize the nose as many times a day as you feel you need.
7. Use any type of antibiotic ointment (Neosporin, Bacitracin or Triple Antibiotic ointment 2-3 times a day. Apply to the front of each nostril and then pinch the nose gently. There are commercial saline gels available at your local pharmacy.
8. Use a cool mist humidifier in your bedroom at night.
9. Make sure your blood pressure is normal. Have it checked periodically if you don't already.

CONTACT OUR OFFICE:

1. If bleeding **cannot be stopped or keeps reappearing.**
2. If bleeding is **rapid** or if blood loss is of a **large volume.**
3. If you feel **weak** or **faint**, presumably from the loss of blood.

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