

## **Epistaxis/ Nosebleed Instructions.**

**\*\*\*If you feel that the nosebleed is an emergency or does not stop with treatment please call 911 or go to the nearest emergency room for evaluation and treatment**

THE MOST COMMON CAUSE FOR EPISTAXIS OR NOSEBLEED IS FROM IRRITATION OF THE LINING OF THE NOSE

FOLLOWING VIRAL OR BACTERIAL NASAL INFECTION. PROBLEMS INCLUDE SEVERE DRYNESS IN THE HOUSE, NASAL MANIPULATION (FOR CHILDREN, NOSE PICKING), AND SEVERE NOSE BLOWING.

IF YOU HAVE A NOSEBLEED, DO THE FOLLOWING:

1. SIT UP IN A CHAIR AND DO NOT TILT YOUR HEAD BACK, LEAN FORWARD SLIGHTLY.
2. USE A SMALL PAN OR BOWL TO CATCH ANY DRIPPING BLOOD.
3. PRIOR TO CATCHING THE BLOOD IN THE BOWL, BLOW YOUR NOSE TO FREE ANY CLOTS, AS CLOTS CAN SOMETIMES CAUSE MORE PROBLEMS.
4. DO NOT STUFF COTTON OR TISSUE UP THE NOSE, AS THIS WILL ONLY ACT AS A WICK AND CAUSE MORE BLEEDING.
5. USE SOME AFRIN NOSE SPRAY MEDICATION IN YOUR NOSE. PINCH THE NOSE IN THE FRONT, NOT HIGH UP. DO THIS FOR FIVE MINUTES BY A CLOCK OR WATCH.
6. ICE OR HEAT ON THE BRIDGE OF THE NOSE OR ON THE NECK HAS NO EFFECT ON THE NOSEBLEED (BUT IF IT MAKES YOU FEEL GOOD, PLEASE DO THIS).
7. AFTER THE BLEEDING HAS STOPPED, USE THE AFRIN THREE TIMES A DAY FOR THREE DAYS TO PREVENT ANY FURTHER BLEEDING. (DO NOT USE LONGER THAN 3 DAYS).
8. USE A VAPORIZER OR HUMIDIFIER IN YOUR BEDROOM AT NIGHTTIME. WARM OR COLD DOES NOT MAKE A DIFFERENCE.
9. USE OINTMENT AS PRESCRIBED BY THE DOCTOR.
10. USE A YR SALINE GEL/ SALINE THREE TIMES A DAY IN YOUR NOSE IN THE WINTER, WHICH WILL PREVENT CRACKING OR BLEEDING.