



## **NOSE BLEED INSTRUCTIONS**

Nose bleeds frequently occur due to a variety of different factors:

- High blood pressure; blood thinning medications (Aspirin, Coumadin, Plavix, etc...); weather changes; dryness; picking with fingers or other instruments; nasal sprays; blowing nose; straining on toilet; heavy lifting; nasal lesions or masses; use of oxygen thru the nose; nasal foreign objects; turning on heaters and/or air conditioners.
- There are various other causes as well.

Controlling a nose bleed involves controlling the underlying cause(s):

- If you have high blood pressure, or are on blood thinners, speak with your primary care doctor about changing, or altering, your medications.
- Humidify your nose frequently (8-10 times daily) with nasal saline (salt water) sprays. These are over-the-counter and have various names; Ocean Spray, Ayr, and Simply Saline are just a few of the many brands available. All work well to keep the nose moist, if used frequently.
- Keep all foreign objects out of the nose.
- No strenuous blowing of the nose.
- Avoid heavy lifting for 1 week after a bleed.
- Stool softeners are useful to treat constipation and prevent straining on the toilet.
- Humidifiers help keep the air moist.
- Apply an emollient solution (Vaseline, KY Jelly, Bacitracin Ointment) to the lower ledge of nostril to preserve moisture in the nose.

If your nose is bleeding:

- Gently blow nose to clear out blood.
- Spray Afrin (or equivalent) nasal spray in bleeding side of nose.
- Hold firm pressure to the lower, soft portion of the nose for 20 minutes to help a clot form.
- Relax, be seated, and lean slightly forward. This will stop 95% of bleeds, as most bleeds are from the lower front of the nose on the septum, or middle portion of the nose. If this does not stop the bleed, seek medical care.