



# Family Education Handout

## Management of Nose Bleeds

### Why Do Nose Bleeds Occur?

A nose bleed occurs when the lining inside of your nose dries and cracks. The majority of bleeds originate from the anterior part of the septum (the wall which separates the two nostrils.)

### Can Nose Bleeds Be Prevented?

Yes. Nose bleeds can be prevented by moisturizing your nose daily. Some steps that you can take to moisturize your nose include:

1. Use saline nasal spray 2-3 times/ day. These sprays are available over the counter (Ocean, Ayr). The generic brands are just as effective as name brand sprays.
2. Apply Vaseline or a saline based gel in the front of the nose at bedtime. Some gels that are available over the counter include Ayr Gel and Nasogel.
3. In the winter, place a cool mist humidifier in your bedroom.

### How Do I Stop A Nose Bleed?

Once a nose bleed occurs, the best steps to stop it are:

1. Pinch your nose to apply pressure. Pinching should be done at the lower part of your nose around the tip for 10 minutes by the clock. Lean forward.
2. Suck on an ice cube. The cold will help to decrease blood flow to your nose.

An additional step that you can take if pinching your nose and sucking on an ice cube are not effective:

3. Spray two puffs of Afrin in each nostril and pinch as previously described.

**For severe uncontrolled bleeding, call 911 or go to the nearest Emergency Room.**

### What Can I Do If Preventative Measures Do Not Work?

If you have been taking preventative measures and continue to have frequent nose bleeds, you should call to schedule an appointment. It is sometimes necessary to cauterize a blood vessel. Cautery is a technique which uses either chemicals or electricity to stop nose bleeds.

### My Nose Has Been Cauterized. Now What?

If you have just had your nose cauterized, there are several things you should keep in mind:

1. Do NOT blow your nose for one week
2. Do NOT lift anything heavy for one week.
3. If possible, avoid NSAIDs (Ibuprofen, Naproxen), Aspirin and Herbal products for one week.
4. Place a small amount of antibiotic ointment prescribed by Dr. Amin in your nose twice daily for one week.
5. Use saline in your nose 3-4 times/day for one week
6. After one week, follow the instructions above to prevent nose bleeds.