

Nose Bleeds:

Nose bleeds are a relatively common, usually harmless symptom. Nose bleeds can be caused by local manipulation (nose picking), allergies, sinus infections, trauma to the nose, tumors, or deviated septum. Many people on blood thinners (Coumadin, Aspirin, Plavix) experience nose bleeds as well.

A majority of nose bleeds can be controlled with conservative measures including application of pressure to the nose or use of nasal decongestant sprays such as Afrin. Also, use of nasal saline sprays or Vaseline to the nasal inlet can help prevent nose bleeds.

If nose bleeds persist or occur frequently, further evaluation is needed by an ENT physician. A great majority of nose bleeds can be controlled in clinic. The two most common treatments are cautery and packing the nose. Cautery works to close the blood vessel from bleeding, whereas packing applies pressure to stop bleeding. After treatment in clinic, as well using preventive measures, nose bleeds rarely recur.