

# ENT Nose Bleed Home Instructions

## 3 common causes of nosebleeds:

1. Blood thinning medications- aspirin, ibuprofen, arthritis medications, Coumadin (warfarin), Plavix, etc.
2. Dry air — winter months!
3. Hypertension

## Different types of nosebleeds:

1. Anterior nosebleeds — the most common — these occur in the front of the nose with the flow of blood coming from either nostril while sitting or standing up.
2. Posterior nosebleeds- these occur deep in the nose and flow down the back of the throat even if sitting or standing up.

## To stop an anterior nosebleed:

1. Soak a cotton ball in Afrin (oxymetazoline) and place in the nostril that is bleeding.
2. Hold pressure on the nostrils (not the bony part of the nose) for at least 10 minutes — without taking a break!
3. Keep head higher than the level of the heart — sit up or lie with head elevated.
4. Apply ice (crushed in a plastic bag or washcloth) to nose and cheeks.
5. If bleeding does not stop — go to the ER.

## To prevent re-bleeding after bleeding has stopped:

1. Do not pick or blow nose (sniffing is alright), trim fingernails.
2. Do not strain or bend down to lift anything heavy.
3. Apply Vaseline or Ayr nasal ointment to the nose multiple times throughout the day and at night prior to bed.
4. Use a humidifier every night.
5. Use nasal saline spray multiple times (4-6 times) throughout the day.

## After chemical cautery:

1. Apply bacitracin or prescribed ointment twice daily for two weeks.
2. Do not blow nose for two weeks.
3. Limit bending over for two weeks.
4. If you need to sneeze, do so with mouth open.
5. Follow other prevention methods listed above.

