



Phone: 904-880-0911 Fax: 904-880-9388

Nose Bleeds

Instructions for Daily Maintenance (Also called Nasal Hygiene)

1) Ointment:

Three times daily, place a large glob of ointment around the inside of your nostrils with a Q-tip. Do not place Q-tip in your nose further than the cotton tip.

Recommended varieties include Vaseline and Aquaphor and their generic substitutes unless you have been prescribed a short course of antibiotic ointment

Please avoid vicks, or vaseline with menthol or dyes or colors

2) Nasal saline spray or Gel:

Every 2-3 hours, use two large sprays of nasal saline spray (Ocean, Ayr, or others) Or two applications of saline gel in your nose.

Again, please avoid any nasal sprays with additives such as menthol or zinc, and do NOT use Afrin (unless your nose is actively bleeding), Neo-Synephrine or other decongestant sprays for this purpose

3) Hydration:

Please increase your hydration level. Increased water intake will help with mucous and will help keep your nose moist

4) Saline rinses:

This is different than Saline spray. Do this 2 times per day every day. See instructions on the saline rinse handout. There are many different kinds but many find the NeilMed squeeze bottle to be the simplest, cheapest, and most convenient.

5) Humidifier:

Please use a humidifier in your bedroom at night. These can be obtained relatively inexpensively at most local drug stores.

6) Avoid aggravating your nose:

Do not place anything other than what is listed above into your nose. Try to avoid blowing forcefully, rubbing or picking your nose. If you use oxygen, try to obtain a facemask rather than using a nasal cannula. If you wear CPAP always use humidifier. Avoid strenuous activity including bending over, lifting heavy objects, or straining. If you need to cough or sneeze, do so with your mouth open.

Blood thinners: If possible, avoid taking medications that may thin the blood such as Aspirin, Ibuprofen, Advil, and Goody's powder. If you have been prescribed Aspirin or another blood thinner due to history of blood clots, irregular heartbeat (atrial fibrillation), stroke, heart disease or stent placement it is VERY important to check with the doctor who prescribes you these medications prior to stopping them. If they feel that stopping the blood thinner for a period of approximately 1 week would be low risk, this can be helpful in breaking the cycle of recurrent nosebleeds. However, if holding the blood thinner is moderate or high risk, we would rather deal with nose bleeds than have to deal with a heart attack, stroke, or other blood clot.

High blood pressure: If you have high blood pressure (hypertension), this will make it much more likely for your nose to bleed again and make it more difficult to control. It is important to work closely with your primary doctor to control high blood pressure.

Instructions to STOP a Nosebleed (only if you are actively bleeding).

- Stay calm – high blood pressure will only worsen a nosebleed
- Sit down and lean your body and your head slightly forward. This will keep the blood from running down your throat, which can cause nausea, vomiting, choking, and diarrhea. (**Do NOT** lay flat, tilt head back, or put your head between your legs.)
- Breathe through your mouth
- **Do not place cotton, tissues, paper towels, or other objects inside your nose, this will damage the nasal lining and put you at higher risk for nosebleeds**
- Apply several large sprays of Afrin (oxymetazoline) spray in both sides of your nose. This type of spray should ONLY be used if you are actively bleeding. **Do not use Afrin for more than 3 days in succession**
- Use a tub/bowl or damp washcloth to catch the blood. Use your thumb and index finger to pinch together the soft lower part of your nose (pinch your nostrils shut with firm pressure). Squeezing at or above the bony part of the nose will not put pressure where it can help stop bleeding.
- Keep pinching your nose without letting go for at least 15 minutes (timed by clock). Do not "peek" to see if the bleeding has stopped. Every time you stop to "peek," -- and the bleeding has not stopped -- you have to "restart the clock" and pinch your nose for another 15 minutes!!

- If after 15 minutes of pressure, if the bleeding does not stop, repeat the entire process once more

If you continue to have significant bleeding from your nose, please go to the **nearest** emergency room or call 911.

=