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## NOSE BLEED INSTRUCTIONS

Nose bleeds are often caused by injuring a blood vessel in the nose with a Q-tips, finger tips, vigorous nose-blowing, or nasal trauma/ fracture.

Please follow the instructions below to prevent and deal with future nose bleeds.

1. Do not pick, rub, or blow your nose or insert anything into it (such as Q-tips, handkerchief corners, Kleenex, etc.,) for several days.
2. If you have to sneeze, sneeze with your mouth open.
3. On the first day, avoid stooping and any strenuous exertion. For the first 5 days, elevate your head on 2 or 3 pillows when lying down.
4. Purchase saline nasal gel (over the counter in any drug store). At bedtime put a pea sized “blob” of saline gel in each nostril and sniff. This will keep the lining of the nose moist and help healing. You may wish to continue doing this treatment throughout the dry months to prevent nose bleeds.
5. Avoid hot drinks and alcoholic beverages for 5 days.
6. No smoking and no use of aspirin or aspirin products for 5 days.
7. If constipated, take a laxative – avoid straining.
8. Cool mist humidifier at night is helpful, especially during the winter months.

### IF BLEEDING STARTS AGAIN:

1. Sit up with your head slightly forward and squeeze the lower half of your nose between your thumb and index finger. Keep up this pressure for ten minutes. In most patients the bleeding will immediately stop, and when you release after 10 minutes it won't resume.
2. Sometimes a piece of moist cotton placed high inside your upper lip and in front of your upper teeth, will stop the bleeding.
3. If these remedies fail, cold water or ice compresses on the outside of your nose may help. You also may insert cotton inside the nostril for pressure.