

Nosebleeds: Treatment and Prevention

Treatment:

1. Stay CALM and try to RELAX.
2. Sit down and lean the head slightly forward (so that the blood doesn't drip down the back of the throat and cause an upset stomach).
3. Use your thumb and index finger to firmly squeeze the entire SOFT part of the nose for AT LEAST 5 minutes. Time yourself to make sure that the nose is squeezed constantly for the full 5 minutes. If it is still bleeding, squeeze for another 5 minutes.
4. Optional: Place an ice pack across the nose.

If the nose continues to bleed:

1. Blow the nose to remove the blood clots.
2. Spray each nostril 2 times with an over-the-counter decongestant spray, like Afrin or Neo-Synephrine.
3. Squeeze the nose an additional 5-10 minutes.
4. If you can't get the bleeding to stop, call your doctor or go to the emergency room.

Alternatives:

There is an over the counter product named *Nosebleed QR* that may be of benefit to patients with frequent nosebleeds who need help stopping an active nosebleed. This should not be considered an endorsement of any particular product, but it may be helpful to you.

Prevention:

To prevent nosebleeds:

1. Gently apply a thin layer of petroleum jelly (Vaseline) to each nostril 1-2 times a day as directed. You can also use saline nasal spray 2-4 times a day to keep the nose moist. This is often very helpful in the winter when indoor heating units can dry the air.
2. Don't pick your nose.
3. Don't blow your nose too hard.

For Questions:

Call the office at **662-327-4432**.