

Nosebleeds: Treatment & Prevention



TREATMENT:

1. Stay calm.
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 constant pressure is held for a full 5 minutes. If it is still bleeding, squeeze for another 5 minutes.
4. Optional: Place an ice pack across the nose.

IF YOUR NOSE CONTINUES TO BLEED:

1. Blow the nose to remove the blood clots.
2. Spray each nostril 2 times with the over-the-counter decongestant spray Afrin (store brand is fine).
3. Squeeze the nose for 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:

Nosebleed QR is an over-the-counter product that may benefit 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 OF 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 salt water nose spray, salt water jelly, or K-Y jelly 2-4 times a day in addition to the above if you feel the need for more moisturization or need something less oily for the long term.
2. Don't pick your nose.
3. Don't blow your nose too hard.

For Questions or Emergency Care: Call the office at 706-248-6860

C. Alexander Ashford, MD | S. Elizabeth Ashford, MD | Amanda Daniel, PA-C

o: 706.248.6860 | c: 706.247.0004 | f: 706.248.6142 | e: alex@ashfordclinic.com | e: beth@ashfordclinic.com

1000 Hawthorne Ave. Suite K, Athens, GA 30606 | www.ashfordclinic.com