

Instructions for Epistaxis (Nasal Bleeding) Management

Stopping a nose bleed

	<ol style="list-style-type: none">1. Sit up in a chair and lean slightly forward.2. Use a small bowl to catch any dripping blood.3. Gently blow your nose to dislodge any clots.4. If you have a nasal decongestant available—spray three sprays into each nostril (Drixine™ or Otrivin™)5. Pinch the soft part of the nostrils tightly together and hold for no less than 10 minutes. DO NOT check to see if the bleeding has stopped OR release the pressure until the full ten minutes is up. It is often useful to watch the clock or have someone tell you when you can release.6. Breathe through your mouth7. While holding the nose, put an ice pack or a bag of frozen peas on the back of your neck as well as your forehead to cool down the area. Sucking on ice may also help.
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If the bleeding doesn't stop present to your nearest Emergency Department

Preventing further bleeds

	<ol style="list-style-type: none">1. Apply the prescribed ointment or Paw Paw cream to the front of the nose for 2x day 2 weeks2. Use Saline Spray (FESS™) 3 sprays 4x day to keep lining moist3. Avoid Hot Showers and Hot Food and Beverages for 5 days4. Do not pick your nose or remove any crusts or old dried clots as this can start the bleeding again.5. Do not blow your nose for at least 2 weeks after a bleed. If you have to blow after two weeks please do so as gently as possible.6. If you need to sneeze, try to do so with an open mouth.7. Avoid excessive use of heaters and air-conditions as these can dry out the nasal lining and cause further irritation and bleeding. If you use a heater, place a half filled bucket of water in the room or purchase a vaporizer or humidifier from your pharmacy to moisten the air
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