



## **EPISTAXIS (NOSE BLEEDS)**

Epistaxis (nose bleeds) can be caused by many factors including

dry air from heating or air conditioning vents, frequent use of nose sprays, vigorous nose blowing, nose picking, infections, broken blood vessels, or on rare occasions, tumors. High blood pressure or taking blood thinners (warfarin/coumadin, heparin, aspirin, ibuprofen, etc.) can increase blood flow during a nose bleed.

### **HOW TO STOP YOUR NOSE BLEED**

- Sit straight up and lean slightly forward while pinching the lower 1/3 of your nose for 10-15 minutes.
- Applying ice over the nose while holding pressure can help the blood clot more quickly.
- You may use Afrin, 2 sprays to the bleeding nostril to help stop the nose bleed. Do not use Afrin more than 2 times a day for more than 3 days.
- You can use repeated saline nasal irrigation prepared with warmer than usual saline solution.
- Avoid taking products containing aspirin or ibuprofen unless otherwise directed.
- You can try using an over the counter product such as Nasal Cease to stop heavy bleeding.

### **PREVENTION OF NOSE BLEEDS**

- Avoid blowing your nose harshly or picking your nose.
- Gently apply Vaseline to the inside of your nose with a Q-tip twice a day to keep the nose moist.
- Use saline nasal sprays or saline nasal gels several times a day to keep the nose moist.
- Use saline nasal irrigations as directed.
- Use a humidifier to keep the air in your bedroom moist at night.
- Saline nasal irrigation daily during times when your nose is more dry
- Make sure your heating/cooling vent/ceiling fan is not blowing over your bed as you sleep.

### **WHEN TO CALL THE DOCTOR**

- If you vomit blood or are continuously swallowing blood.
- Any nose bleed that continues after pinching the nose for 15 minutes.
- Fever of 101°F or higher.
- If you have dizziness, extreme tiredness, headache, shortness of breath, or chest pain.