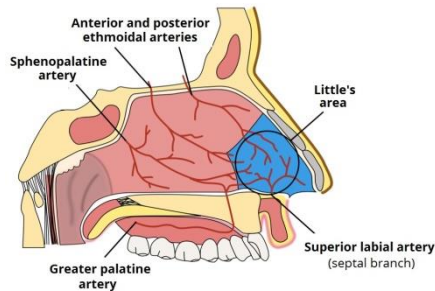


Epistaxis (Nose bleeds)

Information & what to expect

Nose bleeds can be from the front or back of the nose. Most nose bleeds occur from the front, where blood vessels form a network (Littles area).



Common Causes/Triggers

- Trauma (nose picking!)
- Nasal congestion/colds/sinusitis – can lead to excessive blowing and damage to the nasal lining

- Medications which thin the blood (eg. Aspirin, clopidogrel, rivaroxaban, warfarin)
- Illicit drug use – eg. Cocaine
- Conditions that cause easy bleeding

Initial Management – First aid

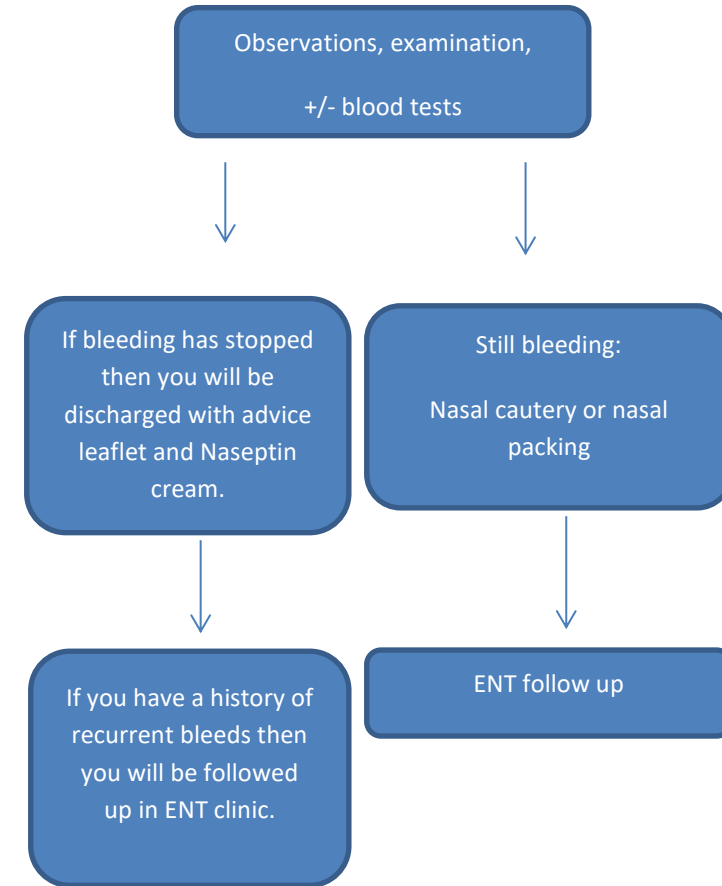
- Sit up, lean head forward slightly
- Squeeze the bottom part of your nose (soft part) firmly for **15 minutes**



- **Do not let go!**
- Spit out any blood from your mouth into a bowl
- If possible, place ice pack on the bridge of your nose/back of your neck and suck on an ice cube whilst pinching your nose

If your nose is still bleeding after 15minutes please attend A&E!

What to expect in A&E?



Nasal packing

A pack inserted into nostril which is

inflated/expands to seal bleeding point.

Nasal packing can cause headaches/pressure sensation. To reduce this, take regular analgesia to ease any discomfort. Avoid blowing your nose or touching your nose as this could dislodge the pack.

If you have been discharged home with a nasal pack, after 48hours you should attend ward 8C Calderdale Royal Hospital.

Please ring ward 8C beforehand to arrange time for review and removal of nasal pack.

If bleeding restarts despite nasal pack in place, please attend A&E urgently.

Nasal Cautery

If the source of bleeding is visible the area may be cauterised. A stick which has a silver nitrate tip will be placed inside your nose to seal the bleeding vessel.

You be prescribed naseptin cream to keep the area lubricated and reduce crusting.

Preventing further nose bleeds

- Avoid hot drinks and hot foods, allowing them to cool first
- Avoid hot showers and baths
- Avoid picking or touching your nose
- If you need to sneeze try to do so with your mouth open

to reduce the pressure in your nose

- Try to avoid leaning your head forward. Instead, bend at the knees if you need to bend down
- Avoid Straining

If you have been prescribed naseptin cream then please use as directed.

Further information

Ward 8C Number:

01422223813

Resources:

<https://patient.info/ears-nose-throat-mouth/nosebleed-epistaxis-leaflet>

<https://patient.info/doctor/nosebleed-epistaxis-pro>