

Nose Bleeds

Most nose bleeds are in the front part of the nose and can be managed fairly easily. If they are very persistent or severe they may be in the back part of the nose and need special care. These comments are for the nose bleeds in the front part of the nose.

How to stop an up front nose bleed.

1. Lean forward to let the blood drain out. If you lean back and it drains down the back of your throat you may swallow it and then get nauseated and vomit.
2. After the blood has drained, pinch the nose between the bridge of the nose and the end of the nose for five (5) minutes without letting go. Use a clock as this will seem like a long time.
3. Release after five (5) minutes. If it starts to rebleed repeat the procedure.
4. Another trick is to put some Afrin, or other nasal decongestant, on a cotton ball and put it the nose before squeezing.
5. If the bleeding persists after these attempts or if it is severe call the office, 225-1650, or go to the emergency room.

Short Term Recurrent Nose Bleeds

If you have had recurrent short term nose bleeds that stop eventually do the following.

1. Put two puffs of Afrin, or other nasal decongestant, in your nose twice daily for four (4) days. Be sure and stop at four(4) days so you nose does not get 'addicted'
2. After the four (4) days start with some nasal saline (Ayr, Ocean); two (2) sprays 3-4 times daily continuously.