



## **Nosebleed Instructions**

The skin inside of your nose is fragile and filled with blood vessels. That's why even a slight injury to your nose can sometimes cause bleeding. Hard nose blowing, dry winter air, colds, and nose picking can also cause nosebleeds. Normally, nosebleeds aren't cause for concern. But some can signal more serious medical problems.

### What to do when you get a nosebleed:

- Step 1
  - To help stop the bleeding, sit or stand up straight
  - Lean your head forward (not back)
  - Gently pinch the soft part of your nose for 15 minutes.
- Step 2
  - If bleeding continues, use Afrin nasal spray in the affected nostril.
- Step 3
  - If bleeding continues, repeat Step 1
- Step 4
  - If bleeding continues after repeating these steps for 45 minutes, call our office.

### What to expect when seen at our office for nosebleeds:

- You will be examined and may have blood tests taken.
- You may be given medicated nose drops to stop the nosebleed.
- Gauze may be packed into your nose to put pressure on the vessel to help stop the bleeding.
- The bleeding vessel may be cauterized.
  - During this procedure, your nose is first numbed. Then, the bleeding vessel is burned with an electrical device or chemical, which stops the bleeding.