

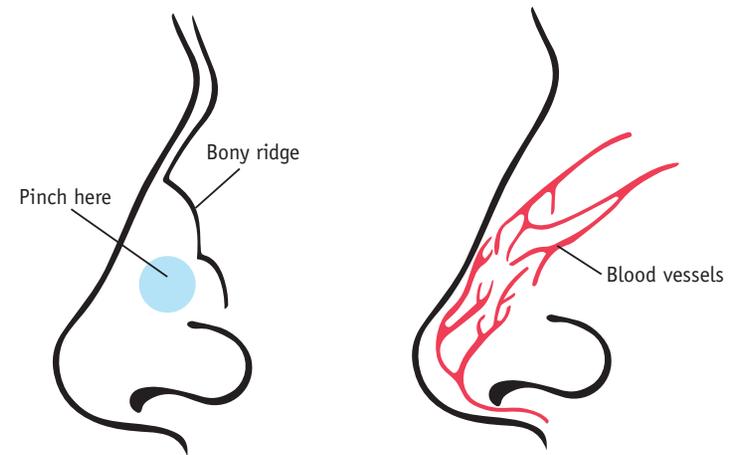
Nosebleed - Epistaxis Discharge Instructions

This booklet offers information for your continued recovery. It also includes answers to many questions asked by people who have had nosebleeds.

After you go home, you may find it helpful to refer to this booklet. If you have any questions about any of the information in this booklet, please contact your family doctor or surgeon.

Nosebleeds often look frightening, but most of them are not serious and can be easily treated. The majority of nosebleeds arise from small blood vessels located in the front of the nasal passages. The inside of the nose is especially prone to bleeding because of the blood vessels inside the nose that help warm and humidify the air we breathe.

Most **nosebleeds** may be caused by dry mucous membranes, injury to the nose, mechanical damage from picking your nose, infection, an object in the nose, or high blood pressure.



This diagram shows the area where to apply pressure to help stop a nosebleed. It is important that you apply continuous pressure for 10 minutes. To apply pressure, pinch your nose on the spot shown.

Instructions

To avoid and treat nosebleed at home:

- 1) **Do not** blow your nose until 2 days after the bleeding stops.
- 2) **Do not** pick your nose or put anything into it. These actions may dislodge any blood clots.
- 3) If the **bleeding starts again**, sit up, lean forward and breathe through your mouth. Pinch the soft part of your nose tightly for 10 minutes without letting go (see diagram with instructions).
- 4) Use a **humidifier** or vaporizer in your home. This will increase the moisture to your mucous membranes to prevent future nosebleeds.
- 5) For the next few days, **elevate your head** on several pillows when lying down.
- 6) You may take a shower the day after you go home. **Avoid** using hot water as it can increase the chance of bleeding.
- 7) **Do not** use *aspirin* (in any form) or *drink alcohol* for 2 to 3 days. Ask your doctor before taking any *herbal medications* as it can increase the chances of bleeding.
- 8) **Avoid** hot foods, spicy food, acidic food, citrus fruits, tomatoes of all forms, for at least 2 weeks or until follow-up with your surgeon.
- 9) **Avoid** hot drinks. Drink fluids such as fruit juices (**except orange, tomato or acidic juices**), milk, ginger ale, milkshakes and egg-nogs.
- 10) **Do not** use a straw to drink as the sucking motion may cause bleeding.

11) **Eat soft foods** such as warm soups (**not tomato**), crushed jelly, cooked vegetables, pasta (**not tomato**), poached eggs, ice cream, strained foods, popsicles and soft bread

12) **Avoid** heavy lifting and straining for at 2 least weeks.

13) If you are sent **home with packing (gauze) in your nose**, you will either need to see the surgeon who placed the packing or your family doctor to have it removed. If the packing starts to come out of the nostril, either cut it off or gently tuck it back in. **Do not** pull on it. Prior to going home, you will be informed of when and where your nose packing will be removed.

Note: After the packing has been removed, you may breathe through your nose, **but should not** blow through your nose for 7 to 10 days. If you need to sneeze, open your mouth and sneeze. To prevent dryness and formation of crust once the packing has been removed, you should spray saline several times a day or apply polysporin for at least a week.

It is normal to experience some light blood tinged drainage from the nose for several days after the packing has been removed. If bleeding is excessive, apply ice and rest quietly with your head elevated while pinching your nose. If the bleeding continues for more than 20 minutes, call your surgeon or go to the nearest emergency department.

14) **If there is no packing in your nose, put a small amount of polysporin inside the nostril twice a day for at least a week. This will help relieve dryness and irritation.**



Return to emergency if any of the following develop:

- Bleeding cannot be stopped after 20 minutes of trying
- You continue to have frequent nosebleeds.

If you get a nosebleed

Sit down and bend forward. Sitting is preferable to lying down, since keeping the head above the level of the heart will reduce the bleeding. **Bending forward is also important.** It lets the blood drain out through the nose rather than down the throat.

Hold the soft portion of your nose pinched together with your fingers until the bleeding stops. This might take 5 to 10 minutes. Placing an ice pack across the bridge of your nose can also be helpful.

If a nosebleed goes on for more than 15 minutes, occurs following a serious injury, or is accompanied by severe blood loss, you should **go to the nearest emergency department.**

You should also visit your doctor for an examination if you get nosebleeds frequently, as they can in rare instances be early warning signs of serious conditions.



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with patients
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