

## Instructions for nosebleeding (epistaxis)

First blow your nose to remove any retained blood clots; this often can slow or even stop the bleeding. Then pinch the nose firmly (the soft part of the nose above both nostrils) for at least 15-20 minutes. This often applies pressure to the bleeding sites. Keep your head elevated up; do not lean forward.

If bleeding continues, then you may use either of the over-the-counter (OTC) nasal sprays below, which helps to constrict nasal vessels and often helps with bleeding:

- Oxymetazalone nasal spray (ie, Afrin spray): 1-2 sprays each nostril twice a day for three days, then discontinue. Helps to open a stuffy nose or prevent nosebleeds. Stop after three days to prevent rebound nasal stuffiness.
- Neosynephrine nasal spray: 1-2 sprays each nostril each nostril 3-4 times a day for three days, then discontinue. Helps to open a stuffy nose or prevent nosebleeds. Stop after three days to prevent rebound nasal stuffiness.
- You may also apply the nasal sprays to a cotton ball and place it into the side of the nose that is bleeding.

Also use nasal saline spray on a regular basis. Nasal dryness can often precipitate nosebleeds:

- Saline (ie, Ocean, Ayr, or Neil Med bottle): 1-2 sprays each nostril 3 or more times a day. This can be purchased over the counter.
- Nasal gel (ie, Ocean, Ayr): use this in addition to a saline spray to provide longer-acting moisture to the nose. Apply pea-size amount twice a day to nose on both sides with clean finger or qtip. This can be purchased over the counter.

Afterwards, avoid nose blowing and any heavy lifting and no bending at the waist for at least one week. Sneeze with mouth wide open. If you are taking aspirin or an NSAID (ie, ibuprofen), stop these unless you are required to take them for a medical or heart condition.

If despite these measures the bleeding still continues, then seek additional help at your nearest emergency room.