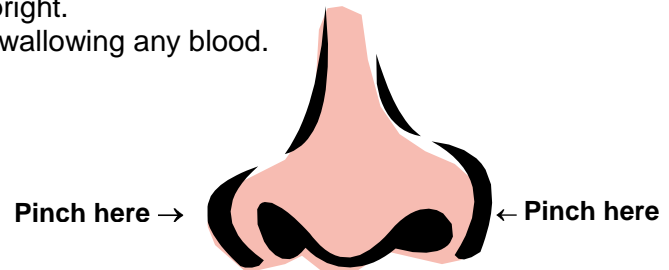


Nosebleeds some can be frightening, but typically are not life threatening. Nosebleeds are common during the winter months when the heated air dries out the nasal membranes so crusting, cracking, and bleeding occurs. Nosebleeds may be caused from trauma to the nose and even picking the nose.

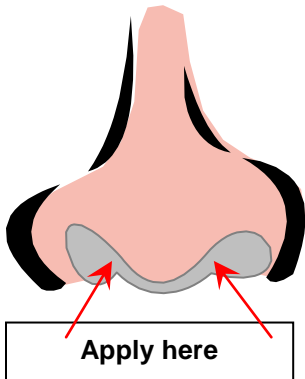
How to stop a Nosebleed

1. Pinch the soft parts of the nose between your thumb and two fingers.
2. Hold it for 10 minutes without releasing (timed by a clock).
3. Keep head higher than the level of the heart, sit upright.
4. Positioned forward, chin tucked to chest to avoid swallowing any blood.



If Re-bleeding Occurs

Spray nose two times on both sides with decongestant spray (such as Afrin[®] or Neo-Syneprine[®]) and pinch nose and position head forward again.



To Prevent Re-bleeding After Bleeding Has Stopped

1. Do not pick, rub, or blow nose.
2. Gently spraying a saline solution in nose 2-3 times per day.
3. Applying size of a pea amount of lubricant (normal saline gel, A&D ointment, Vaseline, antibiotic ointment), put on the end of your fingertip and apply it inside the nose on the middle portion (the septum) to keep the skin lubricated. (see picture)

If the nosebleeds persist, see your health provider. Cauterization of the nasal septum maybe recommended.

When to call the Doctor or go to a Hospital Emergency Room if:

- Bleeding cannot be stopped or keeps reoccurring.
- Bleeding is rapid or if blood loss is large.
- You feel weak or faint, presumably from blood loss.
- Bleeding begins by going down the back of the throat rather than the front of the nose.