

NOSEBLEED MANUAL

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Nosebleeds often occur in clusters. Many patients when experiencing their first nosebleed will often have a repeated nosebleeds within a day or two. Sometimes these bleeds will recur on a daily basis for a week or two. Nosebleeds almost always occur on one side at a time and often it is the same side that bleeds every time. Occasionally bleeding will be noted out of both sides of the nose. That is because the bleeding from one side will route around the back of the nose and come out the other side. It is important to note which side bleeds first since that is the most probable site of the bleeding. We approach the treatment of nosebleeds on three levels:

Stopping the Cluster of nosebleeds by preventing rebleeding

Emergency treatment of breakthrough bleeding

Finding the cause of the nosebleed and taking measures to prevent recurrence

Stopping the Nosebleed Cluster

*This prevents the rebleeding of the nose
after the first nosebleed.*

*Use polysporin or Neosporin ointment.
Melt the ointment to oil consistency.*

Boil water in the microwave

Insert 4-5 ml ointment into a 5 ml syringe.

Place the syringe in boiling water for 20 seconds.

This will melt the ointment and turn it translucent.

Test on your hand to be sure it is not too hot!

Put a pillow under your shoulders.

Extend your head so nostrils point to the ceiling.

Insert 2-3 mls of ointment on the side the bleeding first occurred.

(a syringe will be provided for you)

Keep head in position for about 5 minutes.

Insert ointment on arising in the morning and about 1 hour after dinner.

Use ointment for 5 days in a row after any nose bleed.

Olive Oil Nose spray

Insert 6 mls (1-2 tspns) into a bottle of Ocean nose spray.

(or any 45 ml bottle of saline nosespray)

Shake well.

Use 2-4 sprays in each nostril every 2 hours.

This keeps the nose moist and protects the nasal lining with an oily coating

Do not blow your nose!

Nose blowing produces a lot of pressure inside the nose and will almost always cause repeat nosebleeds.

Use a humidifier in the bedroom at night

if you are not allergic to molds

Use deionized water if possible (can be purchased at supermarkets)

This will keep the humidifier clean -less fuss

The humidifier will keep the air moist and prevent the nose and throat from getting too dry

This is especially true if the nose is packed and you have to mouth breathe.

Sneezing!

If you have to sneeze keep your mouth open.

This will let you sneeze through your mouth and prevent the high-pressure blast of air from going through your nose, which may cause bleeding to start again.

Antihistamines and decongestants may help stop the nasal swelling especially if allergy is a factor in the nosebleed.

This may retard sneezing in allergic patients.

Do not use if there is a history of prostate problems (slowing of urinary stream).

Best to avoid in men over 50 unless previous antihistamine use has been tried.

Sometimes a humidifying agent is also used to keep nasal secretions watery.

eg. guaifenesin 1200 mgs twice daily

Avoid nose picking at all costs!

Emergency Treatment of a breakthrough nosebleed

Afrin Nose spray

This acts like adrenalin and constricts the bleeding vessel.

Instructions for Afrin use:

Extend neck and head so nostrils point to the ceiling.

Insert 3-4 drops into the nose.

Keep head back about 10 seconds if possible.

If bleeding is in the front part of the nose you may gently insert a piece of cotton into the nostril and put a few drops of Afrin onto the cotton

If some bleeding still persists squeeze the sides of the nose against the cotton plug.

Keep pressure on for a few minutes.

Leave cotton in place overnight if possible.

Remove cotton plug by putting 3-4 drops of Afrin on the cotton.

Insert 2-3 mls. of polysporin ointment (melted) (see above) using the 5ml. syringe.

Wait about 10 minutes and remove plug gently.

Reinsert 2 mls of ointment.

If bleeding persists call Dr. Scheinberg and go to the hospital emergency room or Wichita Clinic Immediate Care.

Long Term Management of the Bleeding Nose

Avoid "Nose picking"

Use a humidifier at night when your nose feels dry.

Use a humidifier in your bedroom especially during the winter months when the humidity levels are low

Avoid humidifiers if you are allergic to mold spores.

Use ointment in your nose when it feels dry (Use polysporin ointment above)

Olive oil drops are a good alternative to ointment
Put 3-4 drops of olive oil into the nostrils 3-4 times daily.

Avoid strong noseblowing

Use ointment for five consecutive days after any nosebleed.

Use olive oil nose spray mixture (see above) every 1-2 hours if very dry environment.

Be sure blood pressure is maintained in normal ranges.

See your family doctor for adequate blood pressure control.

Asprin and Ibuprofen products reduce the ability of the blood to clot

These should be used under doctors supervision

Be sure nasal allergies are under good control

This may be a contributing factor in “nose bleeding”.

Surgical correction of a deviated septum may help reduce bleeding problems.

The nasal septum is the dividing wall between the two sides of the nose. When this is crooked the bent portion may project into the nasal airway and be exposed to erosion of the constant flow of air into the