



NOSE BLEED PRECAUTIONS

During Periods of nosebleeds (epistaxis), there are several precautions you should follow for at least 2 weeks to allow healing of your nasal membranes:

1. Avoid all vigorous activity. This includes jogging, lifting, yard work, aerobics contact sports, or any other activities that can cause your pulse to increase.
2. Avoid hot showers and hot baths. Heat causes blood vessels to dilate.
3. Do not blow your nose, as this may forcibly disrupt clots along your nasal membranes. Sneeze through an open mouth.
4. Smoking is discouraged because nicotine can precipitate bleeding, heat dilates blood vessels, and the content of the smoke can delay the healing process.
5. Run a humidifier in the room in which you sleep and/ or work.
6. Keep your head elevated at night while sleeping.
7. Irrigate your nose with nasal saline spray several times per day.

If you do experience additional bleeding, the following instructions should help:

1. Soak a cotton ball with Afrin and place at the end of your nose and hold for 5 minutes.
2. Place an ice pack across the bridge of your nose. Cold causes blood vessels to constrict thereby decreasing bleeding.
3. Keep your head elevated.
4. DO NOT blow, pick, wipe or blot nose repeatedly. This can cause bleeding to restart.
5. If bleeding lasts longer than 15 minutes, call Doctor or go to Emergency Room.