

Regional Specialists Tamworth ENT Clinic

Nose bleeds (Epistaxis)

CAUSE

- Most nose bleeds are from the front of the nasal cavity and will resolve with first aid
- Commonly caused by facial trauma or mucosal irritation due to allergies, medications, dryness and viral colds

PREVENTION

- Regular moisturisation of the nostrils (**FESS Nasal gel** or **FLO Nozoil spray**)
- Humidifier in the bedroom while sleeping, especially in centrally heated rooms or when the air is very dry
- Avoid picking your nose or clip nails to avoid injury
- If you recently had a bleed that resolved spontaneously or was treated by a doctor with cautery or packing:
 - Do not consume any hot foods or beverages for 48 hours
 - Do not have a hot shower or bath
 - Avoid blowing your nose or sneezing

FIRST AID

- **Blow your nose** to clear existing clots (this might increase bleeding for a moment, but that's okay)
- **Sit or stand while bending forward a little.** DO NOT lie down or tilt your head backwards
- **[OPTIONAL STEP IN ADULTS ONLY]**
Apply two sprays of **Drixine** decongestion (Oxymetazoline) onto a cotton ball and put into the bleeding nostril.
- **Pinch both nostrils shut** (the soft area towards the bottom of your nose) below the bone.
 - DO NOT grip the bridge (bony part) of your nose between your eyes.
 - DO NOT press on just one side.
- **Squeeze your nose shut for at least 15 minutes** and time yourself with a clock. DO NOT release the pressure before the time is up to check.
- If it does not stop the first time, repeat the above steps again.
- If bleeding does not stop after 30 minutes, please present to your doctor or the local emergency department.
- If the bleeding stops, follow the steps for prevention in the next 24-48 hours to prevent a rebleed.