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How to take care of your nosebleeds:

When you are bleeding:

- Sit down and lean forward.
- Gently blow out any clots in the nose.
- Spray **Afrin** (or generic - oxymetazoline) on a **cotton ball** and insert into nostril.
- Squeeze the soft parts of the nose (where they meet the bony part) against the center without letting up for at least 10 minutes.
- Put an ice pack or bag of frozen peas across the bridge of the nose.

If you take aspirin, Plavix, or coumadin, here are some other products that can help that you can find at the drugstore or on-line (you may need to ask the pharmacy to order some):

- **NasalCease**: A soft, cotton-like packing that helps stimulate clotting and also becomes very slippery so it does not injure the nose when it is pulled out.
- **QR powder**: A potato starch which pulls water out of the blood and helps concentrate the clotting factors in your blood.

If these measures do not stop the bleeding, call our office number 251-1093 or call 911 if you have been bleeding heavily. If we are able to control your bleeding in the office, we will have you come in. If not, you will be directed to the Crouse Hospital Emergency Department. Avoid St. Joseph's Hospital Emergency Department as they do not have ENT coverage.

For Prevention:

- **Aquaphor**: Apply onto the inside of the nostril and pinch a few times to allow it to spread onto the septum (middle part of the nose). Do these 3 times daily if you are having frequent nosebleeds or just before bed time for maintenance.
- Ponaris nasal oil: A mixture of eucalyptus, pine, and peppermint oils. Instructions the same as for the Aquaphor or may use dropper from bottle.
- Try using a humidifier in the bedroom at night.
- If you have allergies, regular use of allergy medication can reduce nasal inflammation.
- Aspirin, ibuprofen, and other non-steroidal anti-inflammatory pain medications can increase bleeding time. If you are able to take Tylenol for pain, that is preferable. If you need aspirin for cardiac reasons, talk to your doctor before discontinuing.

Common mistakes to avoid when treating a nosebleed include:

- Applying pressure too high on the bony part of the nose. Press lower where the soft area meets the bony area.
- Tilting the head back or bending too far forward. Sit up and keep your head up. This allows the blood to drain instead of being swallowed.

If you have had cautery in the office:

- Your nose may still bleed while the cauterized tissue is healing. Follow instructions above for minor bleeding.
- Avoid bending, lifting, straining, and vigorous nose blowing for 1 week.
- Apply Vaseline or antibiotic ointment to cauterized area 3 times daily for 1 week.