



PATIENT INFORMATION

Nose Bleeds

First aid for nose bleeds



- Pinch below the nasal bones on the soft part of the nose for five minutes.

If you are not feeling faint;

- Sit upright leaning slightly forward.
- Breathe gently through the mouth.
- Suck a piece of ice.
- Apply an ice pack to the bridge of your nose.
- **Do not** swallow any blood spit it out.
- **Do not** blow or pick your nose, let the blood ooze out.
- Avoid aspirin (unless this has been prescribed by your Doctor).
- Try to keep calm- a little blood can look like a lot!

When should I seek medical advice?

- If the bleeding does not stop after 20-30 minutes.
- If you are feeling faint.
- If you have any other medical conditions.

Please note that the information in this leaflet is to be used as a guide only.

Each individual's needs will be discussed by the Nursing Staff and Doctors before discharge from hospital.

If you need any further assistance or information please contact:

Forrest Ward
☎ Tel: (01803) 655507

References:

Phillips S. (1997) Epistaxis Professional Nurse. Vol,12. N0,4.

Health Education Council (1991) ISBN 1 85448 290 4