



## ***PATIENT INFORMATION***

# **Nose Bleeds and Nasal Pack**

### **Nose Bleeds**

You have come to hospital today with a severe nosebleed. Nose bleeds are usually mild and easily treated with gentle pinching and application of a cold compress to the back of the neck. In your case, we have not been able to control the bleeding and have inserted a nose pack to exert pressure from inside the nostril.

### **What causes nose bleeds?**

The blood vessels within the nose are fragile and can tear in the presence of irritation. Some common reasons for nosebleeds include:

- Dry nasal mucosa-From air conditioning or cold weather
- Cold/Hayfever/Nasal polyps
- Picking the nose/Other injury/Foreign body
- High blood pressure
- Physical or emotional stress
- Drugs e.g. Warfarin or Clopidogrel: If you are on medication, do not stop taking it unless instructed to do so by a doctor.

### **How do you treat nose bleeds?**

If the bleeding doesn't resolve then 'direct' treatment will be initiated by a doctor. This involves sealing off the bleeding site in the nose with a cautery stick. If the bleed continues a pack may be introduced for 12-72 hours. This usually requires admission to hospital but in some cases, a patient is entitled to choose management as an outpatient.

If you choose to go home with a nasal pack, we will issue you with an appointment to have it taken out and be reviewed. If there is any uncertainty or the bleeding restarts, patients are advised to come back to Accident and Emergency immediately.

## The Rapid Rhino Nasal Pack



This nasal pack is a balloon covered by self-lubricating fabric. The pack is inserted into the nose in a deflated state. Once fully inserted into the nose, it is then inflated with air. Enough air is inflated to exert pressure on the vessels within the nose. This should slow the nose bleed.

### Is the rapid rhino safe?

This is a frequently used nasal pack and generally thought to be safe. However we would advise that you seek help should you experience any of the following:

- Continued bleeding through the pack or into the back of the throat
- Severe pain
- Difficulty breathing or swallowing
- Light headedness/fainting
- Dislodged pack e.g. Further into nasal cavity or forwards

### What happens next?

You will be given an appointment to have the nasal pack removed and have your nose examined by an ENT (Ear, Nose and Throat) Doctor. It is likely that the bleed will have resolved, however if it has not, further intervention will be considered. This may then involve overnight admission.

If there are no further problems, you will be given antiseptic nose cream and discharged.

### What if I have any further questions?

Forrest Ward on ☎ (01803) 655507 (8.00am -5.00pm)

Email: [TorbayENT@gmail.com](mailto:TorbayENT@gmail.com)

If you are unwell or worried out of working hours, please seek help by attending Accident & Emergency.