



"Providing Quality Healthcare to All"

**BEST MEDICAL CARE, PC**

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## **INSTRUCTIONS FOR PATIENTS WITH NOSEBLEEDS**

***Nosebleeds can be an upsetting experience, but most of the time they are easily controlled in the emergency department. However, a few Precautions are in order.***

- **Avoid** stooping, bending, straining at the toilet, or any vigorous activities for approximately one week, or until you is re-evaluated.
- Avoid hot, spicy, or steamy foods and alcoholic beverages.
- **Do not blow your nose forcefully** and if at all possible; do not blow through the effected nostril. You are better off allowing your nasal secretions to drip to the back of your throat and then to spit them out.
- **Use** a humidifier in winter. Dry air irritates the nasal passages and may cause another bleed.
- **If** nasal packing was applied, you will have to tolerate the discomfort until the packing is removed. If the unpacked nostril becomes stuffy, use regular nose drops and follow the package directions.
- **You** will probably have to rinse your mouth frequently during the day to avoid the dry mouth that often results from nasal packing. **Do not be alarmed if pink liquid oozes from the packing;** it is mucus and is normal. If bright red blood appears, follow the instructions in #6.
- **Do not remove the packing yourself.** You will be referred to an E.N.T (Ear, Nose, Throat) specialist for that purpose. His name and Telephone number will be provided and you should call for an appointment as soon as possible. He will want to see you within 24 hours after the packing has been applied.
- **Should** the bleeding begin again, **do not panic!** Sit up in a chair, leaning a bit forward, and pinch the entire portion of your nose that is soft and bendable between your thumb and forefinger firmly for a full 20 minutes (pinching the upper part of the, the part that is hard and unbendable, is useless in controlling a nosebleed).
- **If** the bleeding fails to be controlled with that time, or restarts after that time, return fro re-evaluation. Do not swallow any blood that leaks into your throat as it may make you sick to your stomach.

***You are probably wondering what caused your nosebleed. Unfortunately, in most cases it is hard to tell in the Emergency Department unless you have suffered obvious trauma to the nose or have a bad cold. This is why you need E.N.T follow up.***