

Nosebleed Treatment

Nasal cavities are lined with a mucous membrane that is filled with blood vessels. There is a concentrated area of blood vessels prone to bleeding located just below the bridge of the nose. Nasal membranes can dry out and crack, and when the membrane is injured or broken, nosebleeds result. Blood leaks from the broken vessels into the nasal cavity and out of the nostrils, or sometimes down the back of the throat.

What contributes to nosebleeds?

- » Sinus infection or cold
- » Trauma or injury
- » Allergies
- » Nasal congestion
- » High blood pressure
- » Alcohol abuse
- » Nose-picking
- » Dry or hot air
- » Changes in temperature
- » Forceful nose blowing
- » Exposure to cigarette smoke
- » Some medications (see below)
- » Low platelet count
- » Abnormal nasal structure
- » Advanced liver disease

How can I prevent nosebleeds?

- » Do not smoke and avoid secondhand smoke.
- » Do not take medications that thin the blood (ie: Aspirin, Ibuprofen, and Naproxen).
- » Control your blood pressure.
- » Wear a scarf to cover the nose in the winter.
- » Increase fluid intake.
- » Humidify the air with a cool mist humidifier.
- » Apply lubricant to nose 4 times per day.
 - Ayr Gel®
 - Normal saline nasal spray
 - Ponaris®
- » Avoid nose trauma due to picking.

How do I treat a nosebleed?

1. Pressure and Ice – Pinch the soft part of the nose between your thumb and index finger for 2 minutes before using additional products and after other products are used until bleeding resolves. Press nostrils together. Sit quietly with head higher than your heart. Sit up or lie down with your head elevated about 30-45 degrees. Do not lay flat or put your head between your legs. Both pressure and ice will decrease the blood flow to your nose and slow bleeding.
 - » Nosebudd™ – reusable, frozen ice pack
 - » Instant Ice Pack – single use ice pack can be used in conjunction with nose clip
 - » Nose clip - reusable
2. Topical Treatment – Use pressure and ice for at least 2 minutes before using any of the products below. Before using the products below gently blow nose to clear the nose of clots. A clot acts like a wedge in the door. Blood vessels have elastic fibers that need to close around the bleeding site. After using one of the treatments below, return to using pressure and ice until bleeding subsides. Multiple treatments below may be recommended; use pressure and ice for at least 2 minutes in between different products.



Nosebleed (cont.)

- » Afrin® – Must be 6 years or older. 1-2 sprays in affected nostril, not to exceed more than twice daily or more than 3 days in a row.
- » Salt Pork – Must be prepared in advance. Buy salt pork in the grocery store. It is packaged like bacon. Cut small pieces about the size of your little finger. Using a thread or dental floss and a needle, place a string through one end and tie a loop. This allows for easy removal from the nose. Wrap the plugs in wax paper and place in freezer. When bleeding occurs, remove from freezer, unwrap (you may need to run under warm water) and place in nostril, frozen with string hanging out of nostril. Leave in place for 1 hour, applying pressure over the plug.
- » WoundSeal® for Nosebleeds – Roll applicator to load it with as much powder as possible, hold breath and roll applicator around the nostril. It may feel warm or sting. Apply pressure and ice after use.
- » NasalCease™ – Twist the end and pack bleeding nostril. Remove within 30 minutes. Apply pressure and ice after use.
- » Helistat® – Cut sponge and pack bleeding nostril. Helistat® is absorbable and should not be removed once inserted. Apply pressure and ice after use.
- » Amicar® soaked gauze – Remove Amicar® from vial with provided syringe and needle and squirt into jar provided with IHTC nosebleed kit. Saturate gauze in liquid and pack into affected nostril. Remove after 20 minutes. Apply pressure and ice after use.
- » Hemcon® – Cut nasal plug to size needed and insert into bleeding nostril. The plug expands quickly and softens like a sponge as it absorbs the blood. A few minutes after bleeding has stopped, carefully remove. Do not leave in the nostril for more than one hour.

3. Prevention of re-bleeding – It may take 7-10 days for your nose to heal.

- » Amicar® nasal spray – 1 spray to affected nostril every 4 hours while awake for 7 days following a nosebleed.
- » Avoid forceful noseblowing.
- » Do not strain with bowel movements. Use a stool softener if necessary.
- » Avoid heavy lifting.
- » Avoid activities where your head is lower than you heart for extended period of time.
- » No hot foods or liquids for at least 24 hours. Use a soft, cool or room temperature diet.
- » Do not smoke and avoid secondhand smoke.
- » Rest following a nosebleed; avoid sports and strenuous activities.

When should I call my doctor or report to the emergency room?

- » If bleeding cannot be stopped or recurs
- » If blood loss is excessive
- » If you feel weak or faint, presumably from blood loss
- » If vomiting blood or “coffee-ground” looking material

Look for the products mentioned in this handout:



Nosebudd™



WoundSeal®



NasalCease™



Helistat®