Care After Treatment: Nose Bleed

What caused the Nose Bleed?
You have been treated for a nose bleed. Bleeding from your nose can occur from a variety of reasons:

- An injury to the nose that causes the small vessels to bleed
- Uncontrolled high blood pressure causing blood vessels to break and bleed
- Medicines that thin the blood
- Diseases involving the liver or kidneys
- Sniffing of certain street drugs or inhalants

What can be done to make the bleeding stop?

- The kind of treatment you received depends on where the blood is coming from.
- Squeeze both nostrils tightly closed for 5 minutes. Time the 5 minutes with a clock. When you squeeze your nostrils, apply enough pressure to make your finger nails turn white. Keep your head up in a normal position, not tilted up or back.
- If the bleeding site can be seen, the area is cauterized. Cauterizing is when heat is applied to stop the bleeding.
- A medicine can be applied to cause the bleeding vessels to shrink and stop bleeding.
- The bleeding also may be stopped by applying direct pressure to the area where bleeding occurs. This may be done with gauze and petroleum jelly packed into your nose or with a small balloon filled with water.

What should I do now?
Although your nose bleed has been stopped, healing will not be complete for 48 - 72 hours. Please follow these instructions:

- Do not blow your nose for 48 hours, and then blow very gently.
- Avoid sneezing. If you must sneeze, keep your mouth open so the force of the sneeze comes through your mouth, not your nose.
- Always keep your head up, even when tying your shoes.
- Sleep with your head up on at least two pillows.
- Do not strain when moving your bowels, bending over, or lifting heavy objects.
• If bleeding occurs, squeeze both nostrils tightly closed for 5 minutes as
describe.
• Avoid aspirin products because they can cause you to bleed longer.
• If instructed by your doctor, keep your nostrils moist by putting Vaseline jelly
or saline nasal spray gently into your nose.
• Use a vaporizer or humidifier in your bedroom at night.
• Never put a finger into your nostril.
• If bleeding continues after attempts to stop the bleeding, call your doctor.