

EPISTAXIS/NOSEBLEED PRECAUTIONS

1. Nasal Saline Spray- 4 sprays each nostril 4x's daily, and more as needed to moisten the lining of the nose.
2. Antibiotic Ointment- Apply to each side of the nasal septum 3x's daily, and more as needed to moisten the lining of the nose (this will last longer than the nasal saline spray).
3. Minimize nose blowing and nose picking.
4. Avoid blood-thinning medications (e.g. aspirin, Plavix, Coumadin), if medically feasible (you may need to discuss this with your primary care physician to determine if it is safe for you to stop your blood thinners).
5. Humidifier in the bedroom and/or living room to humidify the environment. This is most useful during the months when the air conditioning or heat is frequently being used in your home because both dry the air you are breathing making nosebleeds more likely.
6. No heavy lifting for 2 weeks to minimize the risk of triggering another bleeding episode.

For acute Epistaxis/Nosebleeds

1. Afrin 3 sprays in each nostril to constrict the blood vessels in your nose (i.e. holding chemical pressure).
2. Sit straight upright, place your chin to your chest, and apply direct pressure to the soft part of your nose for 15 minutes. Use a watch to keep the time. Sitting upright and placing your chin to our chest will keep the blood in your nose and prevent blood from running down into your throat and mouth.
3. If no resolution after 15 minutes, return to local ER or contact our office at **401-885-8484**.