

## Patient Education: Epistaxis

### Causes of Nosebleeds:

- The most common is trauma or irritation (nose-picking, dry air)
- Infection
- Medications (ex: repeated use of steroid nasal sprays, medications used to prevent blood clots)
- Blood disorders
- High blood pressure

### First-Aid Measures:

1. Position yourself sitting up with your head titled forward. Tilting your head backwards allows blood to drain into your throat and increases the risk of vomiting or inhaling the blood into your lungs.
2. Apply firm pressure to the soft cartilage on your nose for 10-15 minutes. This area is located just above your nostrils and below the boney bridge of your nose. Do not release the pressure to check if the bleeding has stopped until 10-15 minutes has passed.
3. Spit out blood or clots from your mouth or throat as needed.
  - **If bleeding has not stopped after 20 minutes, seek care from a health care provider.**

### Once bleeding has stopped:

- Avoid picking or blowing your nose
- Avoid heavy lifting or strenuous activity for 1 to 2 weeks with no evidence of bleeding
- Use a humidifier in your room while you sleep
- Use nasal saline spray or petroleum jelly to the inside of your nostrils to keep the nasal passages moist
- Avoid smoking
- Sneeze with your mouth open
- If packing was placed by a health care provider, do not remove it at home
- If you experience fever, bleeding that continues or breaks through the packing, severe pain, nausea, or vomiting, seek care immediately from a health care provider.

