

Nosebleed (Epistaxis) Instructions

Why do nosebleeds occur?

- Most often, nosebleeds occur from dryness of the nasal lining (mucosa) leading to small cracks that cause small blood vessels to open and bleed
- Blood thinners (Plavix, Xarelto, Warfarin, etc) and medications that prevent proper platelet function (Advil, aspirin, ibuprofen, Motrin, Alleve, Naprosyn, etc) can make patient more susceptible to nose bleeds, and cause more severe bleeding that takes longer to control

How to prevent nosebleeds

- The name of the game is keeping the lining of the nose hydrated. If you are experiencing frequent nosebleeds, I recommend to:
 - o Spray **nasal saline or Xlear** into the nose (3-4 sprays, both sides) twice daily (at least)
 - o Apply a small amount of non-medicated ointment (eg **Vaseline or Aquaphor**) to the anterior nasal cavity twice daily (apply with small amount on a Q tip)
 - o Consider use of emollient-type nasal sprays such as **NoZaid (available on Amazon)** or moisturizing drops such as **Ponaris**
 - o Sleep with a humidifier
 - o Avoid picking the nose or blowing the nose vigorously
 - o Keep these measures up for 2 weeks since your last nose bleed

What to do for a bloody nose

- In case of a nose bleed, pinch the nostrils of the nose closed with your thumb and index finger, such that you cannot breathe through the nose
- Then, gently lean forward, so the blood pools toward this area of pressure, and doesn't run down your throat. Hold pressure for 5-10 minutes
- If the bleeding is brisk or not slowing down, spray **AFRIN (oxymetazoline)** decongestant into the side(s) of the nose that are bleeding, then resume holding pressure (AFRIN works by causing blood vessels in the nasal lining to shrink) for 10-15 minutes
- If this does not suffice, then soak a torn piece of a cotton ball with AFRIN, place this into the nasal cavity/cavities that are bleeding, and then resume holding pressure for 10-15 minutes.
- If this does not cause the nose bleed to stop, you may need to go to an urgent care or the ER

Procedures for nosebleeds

- Sometimes, your provider may perform a cauterization in the office, if there is a prominent blood vessel in the nose or friable nasal lining that is associated with frequent nose bleeds
- If you have received a cauterization procedure, you should resume preventative nosebleed measures for at least two weeks after your most recent nosebleed
- You may then slowly back off these measures