

Nosebleed Management



Treatment

- Lean forward.
- Apply firm pressure in the middle of the soft part of the nose, for at least 10 minutes without releasing.
- Apply cold cloth either to the bridge of the nose or the back of the neck.
- If a clot develops and your nose is still bleeding, gently blow out the unstable clot and resume pressure.
- For nosebleeds lasting longer than 10-20 minutes, you may use an over the counter product such as Wound Seal® or Nasal CEASE®.
- Rest after stopping the nosebleed.

Things that might cause nosebleeds

- Dry air in your school, work or home environment
- High blood pressure
- Allergies
- Second hand smoke in your home, car or other enclosed places
- Not taking your medicine correctly or not following your treatment plan

Prevention

- Use a cool mist humidifier while sleeping.
- Stay hydrated during the day.
- Apply a small amount of Ayr Gel® or Vaseline® to the nasal openings before bed.
- Wear scarves to cover the nose in the winter.
- Avoid second hand smoke.
- Stay up to date with checkups and follow your treatment plan.

Preparedness

- Keep a nosebleed kit at school, your place of work, in the car or with you while you travel.
 - ✓ Swimmer's clip (allows hands free pressure to your nose during a nosebleed)
 - ✓ A dark colored wash cloth
 - ✓ Instant cold pack
 - ✓ Tissues and wet wipes
 - ✓ Plastic bags
 - ✓ Wound Seal®, Nasal CEASE® or other over the counter product
 - ✓ Doctor contact information