

# Central Missouri Ear, Nose Throat, Sinus & Allergy, P.C.

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## NOSEBLEEDS

### HISTORY AND SYMPTOMS

- Caused by minor injury, picking and dryness usually.
- Severe underlying diseases can cause recurrences.
- Nosebleeds are more common in the winter months.
- Think about foreign objects in the nose and nasal injuries as the source of the bleeding.

### EXAMINATION

- Blow clots out to identify the site of the bleed.
- In a seated position, with the head level, minor bleeds from the front of the nose will drain to the front.
- Deep, more severe bleeds behind the nose may drain down the back of the throat and out the other nostril.

### HOME CARE

- Keep the patient seated and leaning slightly forward to allow blood to come out the front of the nose. Identify the side and site of the bleed. If there is a large amount of blood loss and it is mostly dripping down the back of the throat with the person seated, see your doctor immediately.  
**DO NOT LEAN HEAD BACKWARDS!**
- If the bleeding is coming from the front of the nose:
  - Apply external pressure by firmly pinching the nostrils and soft part of the lower nose together for a full five minutes.
  - If the bleeding continues, blow clots out of the nose and place a cotton ball that has been saturated with Afrin nasal spray in the nostril and pinch the nose again for five minutes.
  - If bleeding continues, see your doctor, or go to the nearest emergency room for treatment.
- If there have been recurring nosebleeds, a family history of nosebleeds, recent injury, surgery to the face or nose, or if there is the possibility of a foreign object, call your doctor today.

### PROFESSIONAL CARE

- Nasal packing and cautery may be needed.
- Surgery may be needed for posterior bleeds behind the nose.
- Blood tests may need to be ordered.

### PREVENTION

- Discourage nose picking.
- Humidify air.
- Use salt water nasal spray several times daily.
- Apply small amounts of antibiotic ointment to the front of the septum where the dryness occurs.