

NIPAWIN HOSPITAL

EPISTAXIS (Nose Bleed)

INSTRUCTIONS:

- Maintain hygiene as before, especially good oral care.
- Daily bath or shower.
- Brush your teeth after meals.
- The packing placed in your nose has been put there to stop bleeding. Please leave it in place until it is removed by your doctor.
- Avoid hot foods and milk for a few days. Drink cool fluids.
- Rest as needed, with head elevated. Position yourself on 3 pillows to provide a higher position in bed.
- Humidity in room helps. Change water daily in humidifier.
- If you get a nosebleed, sit up, lean head forward, apply pressure (with index finger) to the nose for 5 minutes without releasing.
- Apply cold cloth to back of neck.
- If bleeding lasts longer than 10 minutes, seek medical help.