



Nosebleeds

How to prevent and stop them

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

- ❑ UWMC Otolaryngology – Head and Neck Surgery Center: Weekdays, 8 a.m. to 5 p.m., call the Nurse Voice Mail Line at 206-598-7535. You can also call the clinic front desk at 206-598-4022.

After hours and on weekends and holidays, call 206-598-6190 and ask for the Otolaryngology resident on call to be paged.

- ❑ HMC Otolaryngology – Head and Neck Surgery Center: 206-744-3229

When a Nosebleed Starts

- Use Afrin nose spray. Follow the directions on the package.
- Use a finger and your thumb to gently pinch your nostrils together.
 - Hold for 15 minutes without releasing the pinch. If your nose is still bleeding, use Afrin again. Pinch your nose for another 15 minutes.
 - Sit still and lean slightly forward. Dab at your nose with tissue as needed.
 - Once the bleeding stops, use Afrin every 8 hours for 24 hours. Afrin should not be used for more than 3 days in a row.
- If you are having 1 or more nosebleeds every day, or if it is hard to stop the bleeding when you do have them, call 206-598-4022 and ask to talk with a nurse.
- If the bleeding will not stop, go to the emergency room or call 9-1-1.

To Help Prevent Nosebleeds

- Apply a small amount of Bacitracin or Vaseline ointment inside your nostrils every evening before you go to bed.
- Use saline spray in each nostril 4 to 10 times a day. You can buy saline spray at a drugstore without a prescription. Using this spray will help keep the inside of your nose moist and help prevent more nosebleeds. Wait 1 day after a nosebleed before using saline spray.
- If your nose still feels dry, also use saline gel spray (Nasogel) to help coat your nasal tissue. This will help prevent drying and cracking.
- Keep your blood pressure in the normal range, as directed by your primary health care provider.
- Avoid blowing your nose. Instead, rinse your nose with saline spray to clear congestion.
- Do not damage your nasal tissue by putting your finger or other objects in your nose.
- When you sneeze, keep your mouth open to decrease pressure.
- Use a humidifier at night, especially if you use a CPAP machine for sleep apnea.

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