This handout explains what to do when a nosebleed starts, and how to keep them from occurring.

When a Nosebleed Starts

- Use Afrin nose spray. Follow the directions on the package.
- Use a finger and 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, spray with Afrin every 8 hours for 24 hours.
- Do not use Afrin 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 911.

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 having a nosebleed before using saline spray.
• If your nose still feels dry, also use a saline gel spray such as Nasogel to help coat the inside of your nose. This will help keep your nasal tissue from drying and cracking.

• Keep your blood pressure in the normal range, as directed by your primary care provider.

• Avoid blowing your nose. Instead, rinse your nose with saline spray to clear congestion.

• Do not put your finger or other objects in your nose. This can damage your nasal tissue.

• When you sneeze, keep your mouth open to decrease pressure.

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Questions?

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

☑ UWMC Otolaryngology – Head and Neck Surgery Center:

Weekdays from 8 a.m. to 5 p.m., call the Nurse Voice Mail Line at 206.598.7535.

Or, call the clinic at 206.598.4022 and press 8 when you hear the recording. Ask to talk with a nurse.

After hours and on weekends and holidays, call 206.598.4022 and press 5 when you hear the recording. This will connect you with a nurse on the Community Care Line.

☑ HMC Otolaryngology – Head and Neck Surgery Center: 206.744.3229