UW Medicine

流鼻血

如何避免及止血

此讲义为您解说了流鼻血时如何处理、及如何避免它发生

一开始流鼻血时



如您开始流鼻血、 先坐下来、头略微向前倾斜。需要时用纸巾轻按擦您的鼻子

- 使用 Afrin 鼻喷雾剂。
- 用食指和拇指轻轻地将*鼻孔*（即鼻子柔软的部位）捏在一起。持续 5 至 10 分钟。
- 坐下来、头略微向前倾斜。根据需要用纸巾轻轻按擦您的鼻子。
- 如 5 至 10 分钟后还持续流鼻血、就再次使用 Afrin 鼻喷雾剂。然后捏住*鼻孔*保持 5 至 10 分钟。
- 出血停止后、每 8 小时喷一次 Afrin 、持续 24 小时。
- 请**勿**连续使用 Afrin 超过 3 天以上。
- 如您每天有 1 次或多次的流鼻血、或当您流鼻血时很难止血、请致电 206.598.4022 并要求与护士谈话。
- 如鼻血流不止、请到急诊室或致电 911。

预防流鼻血的一些措施

- 每晚上睡前在鼻孔内涂抹少量杆菌肽或凡士林软膏。
- 每天使用生理盐水喷剂 4 至 10 次。您可以在药店购买盐水喷剂、它是无需处方的。使用这种喷剂有助于保持鼻子内部湿润、有助于防止流鼻血。在出鼻血后等待 1 天、才使用盐水喷剂。

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如希望获取更多有关流鼻血的资讯：

请上美国耳鼻喉科-头颈外科学会的耳鼻喉健康网站。

www.enthealth.org/conditions/sinusitis/

- 如您的鼻子仍感觉干燥、也可以使用盐水凝胶喷剂如 Nasogel 来帮助覆盖鼻子内部。这有助于防止鼻腔组织干燥和开裂。
- 按照您基础医生的指示，将血压保持在正常范围。
- 避免擤鼻。使用用盐水喷剂冲洗鼻子以清除阻塞。
- 且勿将手指或其他物体放在鼻子中。这可能会伤及鼻腔内的组织。
- 打喷嚏时请将嘴张开以减轻压力。

您有疑问吗？

我们很重视您的疑问、如您有疑问或顾虑、请致电您的医生或医务人员。

如有疑问或顾虑时请致电：

周一至周五上午 8 点. 到 下午 5 请致电耳鼻喉/头部及颈部外科中心：206.598.4022、接通后、请按 2 字键。

下班后或周末假日：请致电 206.598.4022、当您听到录音后按 5 字键、就会转到社区护士专线。

有关预约的事宜：请致电耳鼻喉/头部及颈部外科中心：206.598.4022

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Nosebleeds

How to prevent and stop them

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

When a Nosebleed Starts



If you have a nosebleed, sit still and lean slightly forward.

- Use Afrin nose spray.
- Then use a finger and thumb to gently pinch together your *nostrils* (the soft parts of your nose). Keep pinching for 5 to 10 minutes.
- Sit still and lean slightly forward. Dab your nose with tissue as needed.
- If your nose is still bleeding after 5 to 10 minutes, use Afrin again. Then pinch your nostrils for another 5 to 10 minutes.
- Once the bleeding stops, spray with Afrin again. Repeat 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 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.

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To Learn More About Nosebleeds

Visit the ENT Health website by the American Academy of Otolaryngology-Head and Neck Surgery:

www.enthealth.org/conditions/nosebleeds/

- 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 lessen pressure on your nose.

Questions?

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

For questions or concerns:

Weekdays from 8 a.m. to 5 p.m., call Otoloaryngology/Head and Neck Surgery Center at 206.598.4022 and press 2.

After hours and on weekends and holidays, call 206.598.4022 and press 2 to talk with a Community Care Line Nurse.

For appointment questions: Call Otolaryngology/Head and Neck Surgery Center: 206.598.4022.

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