



Nose bleed

You suffered a nose bleed on _____

Nose bleeds are common and are caused by

Trauma to the nose from picking (especially children)

Colds and blocked noses from forcibly blowing causing vessel damage

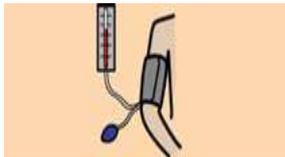
Minor injuries to the nose

High blood pressure

Stress

Most nose bleeds are minor and stop fairly quickly

But nose bleeds can be prolonged if you suffer from



High blood pressure



heart problems

Blood clotting disorders



Medication such as Aspirin or Warfarin

Management of a nose bleed

If you are not feeling dizzy or faint sit upright leaning forward with your head over a bowl

Do NOT swallow

Spit out any blood into the bowl

Pinch your nostrils together and apply pressure for up to 20 minutes

Place a cold compress over the bridge of your nose and forehead

If you feel dizzy or faint lie down on your side still pinching your nose

Keep calm and breathe through your mouth

If bleeding remains severe and has NOT stopped after 20-30 minutes contact your GP surgery for advice

In an emergency contact 999

To prevent further bleeding

Avoid very hot drinks for the next 24 hours

Avoid hot baths for the next 24 hours

Do NOT blow your nose for the next 24 hours, wipe instead

Do NOT pick your nose to remove any blood clots

Avoid strenuous activity for the next 24 hours

Avoid smoking for the next 24 hours

Recurrent nose bleeds

If you have suffered regular nose bleeds recently contact your GP for advice

Seek help if

The bleeding continues more than 20-30 minutes despite steps to stop it

If bleeding is exceptionally heavy

If you feel dizzy and unwell

If you are taking blood thinning medication such as Aspirin or Warfarin

You have be assessed by

Name of practitioner_____

Job title_____

Date_____

Lisa Liszewski

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