

Fast Facts

Nosebleed

- Also known as epistaxis
- Occurs when the tiny blood vessels that lie close to the surface in the lining of your nose are damaged resulting in bleeding (easily injured)
 - Two main reasons: dry air or nose picking
 - Normal to have an occasional nosebleed and aren't usually dangerous
- Other causes: sinus infection, allergies, aspirin/blood thinner use, bleeding disorders, chemical irritants, cocaine use, deviated septum, foreign body in the nose, frequent use of nasal sprays or trauma to the nose
- If you have nosebleeds more than once a week, it's considered frequent and you should talk to your doctor in order to determine the cause
- Seek emergency treatment: nosebleed occurs after a traumatic injury, involve a significant amount of blood loss, interferes with your breathing, you feel lightheaded, doesn't stop after 30 minutes of compressing your nose or occurs in children younger than two

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
-Bleeding from nose (usually just one side) -Taste of blood due to it running down the back of your throat -Difficulty breathing out of one side of your nose while experiencing either of the above	-Sit up straight -Lean forward -Pinch both of your nostrils between your thumb and index finger for at least 10 to 15 minutes -Breathe out of your mouth <i>After Bleeding Has Stopped:</i> -Gently blow your nose to clear out any clotted blood (if it doesn't come out while doing this, it will come out on its own) -Don't blow hard or this can cause the bleeding to start again -Don't bend down for a few hours -Use a spray nasal decongestant <i>If Bleeding Doesn't Stop:</i> -Needs to be treated by a doctor -Cauterize (burn) blood vessel with a small electric current, silver nitrate stick or laser -Pack the affected nostril with special gauze or an inflatable balloon (can reach further into your nostril)	-Occurs in winter due to dry, cold air -Keep the lining of your nose moist by putting a light coating of petroleum jelly or antibiotic ointment on the lining of your nose with a cotton swab (up to three times a day) or use saline nasal sprays -Use a humidifier to add moisture to the air -Trim children's fingernails -If you use supplemental oxygen, put water-based lubricants in your nostrils and increase the humidity in your home

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