

## **Advice after a Nosebleed**

### **What are nosebleeds?**

Usually nosebleeds are nothing to worry about as they're common and most can be easily treated at home.

The inside of the nose is delicate and can easily be damaged by:

- Picking your nose
- Blowing your nose too hard
- The inside of your nose being too dry
- An injury or broken nose
- High blood pressure
- Certain medicines, like warfarin

### **How to treat a nosebleed?**

- Sit upright
- Firmly squeeze the entire soft part of your nose, without releasing
- Hold for 15 minutes, and don't let go or look to see if you're still bleeding during this time
- You can also apply an ice pack to the back of the neck or forehead
- Spit out any blood in your mouth

**IF after 15 minutes, the bleeding is not stopping then make your way back to A&E.**

### **After a nosebleed**

To prevent more nosebleeds you should do the following for 2 weeks:

- Avoid hot drinks and food (wait until they are warm)
- Avoid hot or steamy rooms, and hot showers or baths
- Moisturise the inside of your nose with naseptin cream or Vaseline at least twice a day
- Protect your nose from any trauma, such as picking or blowing your nose
- Cough and sneeze through your mouth

## **Going home with a Nasal Pack**

### **What is nasal packing?**

Nasal packing involves inserting a specially designed tampon into your nose to stop the nosebleed. If you are discharged with a nasal pack inserted you must attend the Emergency Ambulatory Care Unit the following morning for its removal. <picture of nasal pack and location of its insertion>

### **What to expect?**

It is normal to experience some pain and/or discomfort once a nasal pack has been inserted, if this pain increases then you should attend A&E.

## Epistaxis & Rapid Rhino Patient Information

### Dos and Don'ts once you have been discharged with a nasal pack

#### Do:

- ✓ Do make sure you take any medications if prescribed by the doctor.
- ✓ Do ensure you attend the **Emergency Ambulatory Care Unit** the next morning for removal of the nasal pack
- ✓ Do go to A&E if your pain level increases
- ✓ Do go to A&E if you start bleeding again and can't stop it

#### Don't:

- ✗ Do not pull or try to adjust the nasal pack.
- ✗ Do not blow your nose
- ✗ Do not breathe in tobacco smoke or other fumes that may irritate your nose.

### What to do if my nose starts to bleed again?

- Follow the advice for treating nosebleeds as before
- You should still squeeze both sides of your nose even if you have a nasal pack in
- Hold for 15 minutes without stopping
- **IF after 15 minutes, the bleeding is not stopping then make your way back to A&E.**

### When to seek medical help?

If you experience any of the issues below go to A&E immediately, if:

- You cannot stop the bleeding after 15 minutes
- You begin to cough up blood from the back of your throat
- The nasal pack becomes loose and moves in/out of your nose
- You feel dizzy, weak or experience difficulty in standing up
- You develop difficulty in breathing
- Your pain level increases
- You have any other concerns

### What do you need to do next?

After going home with a nasal pack you must return to A&E at the Royal Sussex County Hospital the next morning. They will direct you to the Emergency Ambulatory Care Unit for removal of the nasal pack.

### Feedback

Your feedback is very important to us. Please complete the below questions and bring this leaflet with you to your appointment at the Emergency Ambulatory Care Unit.

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|--|-----|----|
| 1. Did you feel safe being discharged from the hospital?                   | YES | NO |
| 2. Did you experience any problems at home? (If yes, please outline below) | YES | NO |
| 3. Any other comments?   |     |    |