



Brighton and Sussex  
University Hospitals  
NHS Trust

# Care Following a Nose Bleed

## Care following a nose bleed

**To avoid another nose bleed please follow the advice given below for at least 3 days;**

- All food and drink should be COOL
- Rest quietly at home and do not do anything strenuous
- Avoid constipation and 'straining'
- Do NOT sunbathe or take hot baths
- Avoid alcohol and smoking
- Avoid scratching or blowing your nose.

If you have had nasal cautery, Vaseline or a prescribed nasal cream should be applied at least twice a day for one week.

If there is slight bleeding, sit upright and apply an ice pack. Firmly squeeze the soft lower half of the nose between the thumb and first finger for at least 10 minutes, without releasing.

If you are worried, please get in touch with the A&E Department or contact your doctor.

## Where can I get further information?

### **NHS Choices**

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**Website:** [www.nhs.uk](http://www.nhs.uk)

## Who can I contact with any concerns or questions?

If you have any problems or are worried, please do not hesitate to contact us in the Ear, Nose and Throat Outpatient Department.

**Royal Sussex County Hospital: 01273 696955 Ext. 4813**

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**Disclaimer**

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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