



What to do when you have a Nosebleed

Patient Information Leaflet

How to Stop your Nosebleed

- Sit upright
- Lean head slightly forward
- Breathe through your mouth
- Spit out – do not swallow blood (swallowing may make you feel sick later)
- Remove any dentures
- Firmly squeeze the soft part of the nose, (not the bony part) continuously for 15 minutes
- If bleeding does not stop following the above, you will require medical assistance:

**Between 8.00am - 4.00pm, Monday - Friday
Contact Royal Victoria Eye & Ear Hospital,
Emergency Department Tel: 01 7088535**

**If your nosebleed occurs outside of these hours,
Please attend your nearest General Accident &
Emergency Department**

How is it treated in the hospital?

- If first aid treatment does not work, Nasal Cautey is performed in the Emergency Department to help seal the bleeding point in your nose.
- Nasal Cautey involves the application of a silver nitrate stick to the bleeding point. This stick has the appearance of a match stick.
- The procedure is not usually painful, however your nose may be tender for 1-2 days. A nasal cream may be prescribed to help this.

Measures which may help to prevent further nosebleeds

- Avoid vigorous nose blowing and nose picking.
- Avoid heavy lifting and straining for 2-4 weeks
- Avoid contact sports or other sources of potential injury for 2-4 weeks
- Avoid smoky, dry environments (which cause drying and crusting of nostrils, a nasal cream may be prescribed to prevent this).

- Do not take aspirin or other non-steroidal anti-inflammatory drugs, unless prescribed by your doctor.
- Continue to take your usual medications regularly.
- If prone to constipation, eat more fibre and take a laxative if required, to prevent straining.

We hope that this information is helpful to you. If anything is unclear, or you have any other questions you would like to ask, then please do ask the nurse/doctor.

**Royal Victoria Eye and Ear Hospital
Emergency Department
01 7088535**

Revision History

Ref No.	Version No.	Date Approved	Change	Section No.	Approved by
	2	2001	New Information Leaflet	-	
PIL 016	2	January 2014	Revised Information Leaflet	all	Hospital Management Group