
Blood Nose Information

INSTRUCTIONS AFTER BLOOD NOSE

Avoid hot showers or baths, use lukewarm water.

Do not drink hot fluids for 4-5 days.

Avoid very hot food; allow cooling before eating. Avoid spicy food.

Reduce or stop smoking.

Avoid alcohol.

Use Panadol for pain relief and avoid Aspirin, Disprin or other blood thinning medicines.

If prescribed Aspirin by your doctor please discuss it with him / her.

Do not blow your nose for one week. If you need to do so please do so gently.

Use medications as prescribed. Ointment should be squeezed into nose and the body will naturally move it backwards.

Have your local doctor monitor your blood pressure.

FIRST AID FOR NOSE BLEEDING

Sit up and lean forward.

Breathe through the mouth allowing the blood to run out of nose.

Hold the nose, at the junction of soft part with bone, squeeze firmly between the thumb and index finger.

Maintain this hold for 10 minutes continuously. No stopping and looking as this disturbs the clotting process.

If possible suck on some ice and put the ice up toward the roof of the mouth. Place a cold towel over face / back of neck.

Keep patient resting

If these measures stop the bleeding, rest and do not blow nose.

If bleeding is severe or recurs seek medical advice

If bleeds last more than 10 minutes when not on a blood thinner and more than 20 minutes when on a blood thinner then attend your nearest hospital.

If you have any concerns you may ring the emergency department or contact your local doctor.

