



What to expect and do after nosebleeds and nasal cautery

Nosebleeds are common. Usually, they are not a sign of a serious condition. Nosebleeds can happen if a small blood vessel in your nose starts to bleed or if the lining of your nose cracks.

To avoid nosebleeds, limit:

- **Medications containing aspirin or ibuprofen:** These medications affect clotting. Consult with your GP if you take these medications daily for your heart or prevention of stroke.
- **Heavy lifting or straining:** This increases blood pressure and can start bleeding.
- **Nose blowing:** This can dislodge healing scabs and restart bleeding.
- **Sneezing:** For same reason as above. Sneeze through an open mouth.
- **Picking:** This will remove healing scabs and damage blood vessels.

If you have a nosebleed:

- Sit down and **tilt your head forward**.
- Use a clean towel or tissue to pinch your nostrils under the bony part of your nose for **15 minutes by the clock**. After 15 minutes, let go of your nose and see if bleeding starts again. Do not release pressure before that time.
- If that fails, soak a cotton ball using **Otrivin or Drixine** nasal spray. Place the cotton ball in your nose for 20 minutes, and apply pressure (some of the nasal spray will drip out of it).
- Do not place dry tissues or gauze in the nose to stop bleeding.
- Avoid lying down and avoid tilting your head backward. That may make blood collect in the throat and cause gagging or coughing.

After experiencing a nose bleed:

- **Use an emollient such as coconut oil, refined sesame oil, kawakawa, or Vaseline.** Apply this to your nose twice a day for 3 weeks. Nasal saline gel or a humidifier additionally may also be helpful to keep the nose moist for healing.
- Aspirin and blood thinners make bleeding more likely. If you are prescribed these medicines and you suffer from nosebleeds **ask the doctor who prescribed them if you should stop taking them or adjust the dose.**
- **Avoid smoking or exposure to smoke.**