Epistaxis
(Nosebleed)

Epistaxis is when you bleed from the nose. It can be caused by many things, including:

- Getting hit hard in the nose.
- Infections.
- Dry nose.
- Colds.
- Medications.

Your doctor may want you to do some lab testing if you get nosebleeds a lot and the cause is not known.

HOME CARE

- If your nose was packed with material, keep it there until your doctor takes it out. Put the pack back in your nose if the pack falls out.
- **Do not** blow your nose for 12 hours after the nosebleed.
- If you start bleeding again, sit up and bend forward. Pinch the front half of your nose non-stop for 20 minutes.
- Put Vaseline® inside your nose every morning if the bleeding was caused by a dry nose. Use your pinky fingertip to put on the Vaseline®.
- Use a humidifier in your home to make the air less dry.
- **Do not** take aspirin. This makes bleeding more likely. Talk to your doctor about medicines you take.
- Try not to strain, lift or bend at the waist for many days after the nose bleed.

GET HELP IF:

- Nose bleeds keep happening and are hard to stop or control.
- You have bleeding or bruises that are not normal on other parts of the body.
- You have a fever above 102º F (38.9º C), or as told by your doctor.
- The nosebleeds get worse.
- You get light-headed, feel faint, sweaty or throw up blood.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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