

## Nosebleeds

A nosebleed is bleeding from the tiny blood vessels inside the nose and may be caused by sneezing, nose-picking, strong nose blowing or trauma. As the colder winter months arrive, your furnace used for heat and the air you breathe is drier. This drier air can be a trigger for nosebleeds.

### Tips to Prevent Nosebleeds

Keep the lining of your nose moist during the dry cold weather. Use nasal saline spray a few times a day. Gently rub a small amount of petroleum jelly (Vaseline™), water-based lubricant, or saline nasal gel into each nostril using a q-tip (do not insert q-tip further than the cotton on the stick).

### To Treat a Nosebleed

Tilt your head forward so blood will not run down the throat.

Firmly pinch the soft part of the nose and keep pressure on for a full 10 minutes. Do not stop and look to see if the bleeding stopped during this 10 minute period.

Repeat the 10 minutes of pressure if the bleeding does not stop.

Hold an ice pack on the bridge of the nose to help tighten the blood vessels.

If a nosebleed does not stop after two 10 minute periods, call your doctor or go to the nearest ER.

### Helpful Tips

Stay calm. Most nosebleeds are not serious and can be dealt with. Sit down when treating a nosebleed. Don't lie down as this will allow the blood to flow down the back of the throat and cause vomiting.

Don't stick anything into your nose (such as tissues) to stop the bleeding.

Keep the lining of your nose moist for 2 weeks after a nosebleed and the nosebleeds will be less likely to reoccur.

Call your clinic or doctor's office with questions.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7937.