

## Nosebleeds – Home Treatment

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### First aid

Remain calm.

Sit up with your head tipped slightly forward to avoid blood from running down the back of your throat, as it may make you nauseous.

Blow your nose to get rid of any dried blood. Insert a large ball of cotton wool soaked in cold water or nasal drops (Nasolin®) into the affected nostril.

Pinch the sides of the nose together so that the nostrils are firmly pressed against the nasal septum. Keep pinching for 15–20 minutes without letting go of your grip.

Applying an ice pack to your nose or neck may be helpful, as may fresh air.

You should seek medical attention if the bleeding does not stop after a couple rounds of pinching or is very heavy.

### Afterwards

For a few days, you should avoid the following:

hot food and drink

tobacco and alcohol

sauna or hot baths

blowing and picking your nose

strenuous physical exertion and sports

as the increase in circulation and blood pressure they promote may cause bleeding.

Any decrease in the level of haemoglobin will normally be restored by eating a varied diet and drinking plenty of fluids. You can have your haemoglobin level checked at your local health care centre. You may need to take an iron supplement for a while.

### Please note

If you use painkillers or blood thinners on a regular basis and have repeated bleeds, contact the doctor treating your underlying disease.

## Contact information

If necessary, contact the unit treating you

phone: \_\_\_\_\_

Or phone 116 117 during emergency hours.

Ear, Nose and throat Outpatient clinic mon- fri 8 am. – 3 p.m

phone 050 473 5086