Hill Country Ear,

Nose, and Throat, P.A.

42 Gruene Park Drive Phone: (830)629-5830

New Braunfels, TX,78130 Fax: (830) 629-3647

Nosebleeds (Epistaxis)

Most nose bleeds occur from the numerous small vessels forming a plexus in the front of the nasal septum. Many children with recurrent nose bleeds are triggering them with their finger or fingernail. Many adults with nose bleeds are on blood thinning medications like aspirin, coumadin, and others (see below list). Nose bleeds can be more common in patients with allergies or sinus infections. Rarely nasal polyps or tumors are the cause of nose bleeds.

Recommendations will be made depending on the severity and frequency of the nosebleeds. Sometimes the conservative treatments listed below and prevention measures are adequate. Other treatments that may be indicated include chemical or electrocautery, placement of absorbable or non-absorbable nasal sponges, fabric and/or packing. These treatments may be done in the office or operating room, depending on the circumstances.

Treatment of Nose bleeds:

1. Elevate your head
2. Spray some Afrin (or oxymetazoline) in your nose, 3-5 puffs on the affected side.
3. Tape an absorbents pad (gauze or washcloth strips) to your face, just below your nose, change pad as needed.
4. Pinch your nostrils together with thumb and index finger for 15 minutes.
5. You can place a cold compress over your nose.
6. If bleeding is persistent or brisk despite these measures, proceed to the ER.

Prevention of Nosebleeds:

1. Avoid strenuous activity
    - ❖ Do not lift anything heavier than 10 lbs.
    - ❖ Avoid exercising

- Avoid straining for a bowel movement, use a laxative if needed.

2. Keep your head elevated above your heart, do not bend over; elevate head on pillows at night.
3. Keep nasal mucous membranes moist.
    - Use salt water (Ocean water, Ayr, etc.) rinses several times (3-6) a day.
    - Apply ointment in nose with cotton swab or fingertip (Neosporin, Vaseline, etc.)
    - Use a vaporizer or humidifier, especially at night or if using oxygen.
4. Avoid trauma
    - Do not pick your nose
    - Do not blow your nose
    - Do not rub your nose
    - Sneeze with your mouth open
    - Avoid getting bumped or hit in the nose (especially by children)
5. Avoid medicines that thin your blood (check with the Doctor that prescribed the medicines to make sure that is safe to temporarily stop meds).
    - Avoid aspirin, ecotrin, Excedrin, bufferin, anacin, Alka-Seltzer, Dristan
    - Avoid Advil, Motrin, ibuprofen, Aleve, Naprosyn, etc.
    - Avoid Plavix, ticlid
    - Avoid coumadin, warfarin, Eliquis, Xarelto (necessary to get M.D. clearance to stop).
    - Avoid herbal supplements that can thin your blood (i.e. gingko biloba, garlic, ginger, ginseng, feverfew, etc.)
6. Do not drink alcohol; this can thin out your blood.
7. Do not smoke; this dries the nasal mucous membranes
8. Make sure you take your prescribed medications for high blood pressure.