

# WHAT TO DO WHEN YOU HAVE A NOSEBLEED



ROYAL VICTORIA EYE AND EAR HOSPITAL  
ADELAIDE ROAD,  
DUBLIN 2  
Telephone: 01 6644600

## HOW TO STOP YOUR NOSE BLEED

---

- SIT UPRIGHT
- LEAN HEAD SLIGHTLY FORWARD
- BREATHE THROUGH YOUR MOUTH
- SPIT OUT — DO NOT SWALLOW BLOOD  
(*This may make you feel sick later*)
- REMOVE ANY DENTURES
- FIRMLY SQUEEZE THE SOFT PART OF THE NOSE,  
(NOT THE BRIDGE) CONTINUOUSLY FOR 15 MINUTES
- IF BLEEDING DOES NOT STOP FOLLOWING THE ABOVE, YOU WILL REQUIRE MEDICAL ASSISTANCE
  - ***Between 9.00 am – 5.00 pm, Monday – Friday  
Contact the Royal Victoria Eye & Ear Hospital,  
Telephone: 01 6644600***
  - ***If Your Nose Bleed occurs outside these hours,  
please attend your nearest General Accident &  
Emergency Department***

## NASAL CAUTERY

---

- CAUTERY WILL SEAL THE BLEEDING POINT IN YOUR NOSE
- IT INVOLVES USING A SILVER NITRATE STICK. THIS HAS THE APPEARANCE OF A MATCH STICK
- THIS MAY BE PERFORMED IN THE ACCIDENT & EMERGENCY DEPARTMENT IF FIRST AID TREATMENT DOES NOT WORK

## HOW TO PREVENT FURTHER NOSEBLEED

---

- AVOID VIGOROUS NOSE BLOWING AND NOSE PICKING
- AVOID HEAVY LIFTING AND STRAINING FOR 4–6 WEEKS
- AVOID CONTACT SPORTS OR OTHER SOURCES OF POTENTIAL INJURY
- AVOID SMOKY, DRY ENVIRONMENTS (WHICH CAUSE DRYING AND CRUSTING OF NOSTRILS)
- A NASAL CREAM MAY BE PRESCRIBED TO PREVENT THIS
- DO NOT TAKE ASPIRIN OR OTHER NON-STEROIDAL ANTI-INFLAMMATORY DRUGS, UNLESS PRESCRIBED BY YOUR DOCTOR
- CONTINUE TO TAKE YOUR USUAL MEDICATIONS REGULARLY
- IF PRONE TO CONSTIPATION, EAT MORE FIBRE AND TAKE A LAXATIVE IF REQUIRED, TO PREVENT STRAINING