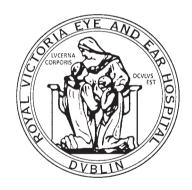
WHAT TO DO WHEN YOU HAVE A NOSEBLEED



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 REGULARILY
- IF PRONE TO CONSTIPATION, EAT MORE FIBRE AND TAKE A LAXATIVE IF REQUIRED, TO PREVENT STRAINING