

## What happens if I am admitted to hospital?

With very severe nosebleeds which require insertion of packs, you may need to stay in hospital. If the Ear Nose and Throat specialist is able to cauterise your bleeding, you may return home the same day.

This is usually for 24-48 hours to ensure the bleeding will not recur (packs usually remain for up to 24 hours).

Do not pick your nose or try to clean it with cotton buds. Doing so will dislodge any healing crusts. It is normal to have a bloodstained mucus discharge from your nose for approximately a week.

## Minor Injury Unit

Sirona care & health's Minor Injury Unit offers treatment for adults, children and young people for a wide range of minor injuries. You can drop in without an appointment, or you may be referred by your GP or other healthcare professional. We aim to treat you within two hours.

### Yate Minor Injuries Unit

Opening Times: Open 7 days a week.  
08.00 – 20.00

Address:

Yate West Gate Centre  
21 West Walk

Yate Town Shopping Centre

References: Nissl J 2007 Broken Noses. (Accessed June 2008)  
Johnston M. Jones N (2003)  
Nasal Injuries: (Accessed June 2008)  
Gaston MS Simpson AHRW (2007) Inhibition of fracture Healing. Journal of Bone and Joint Surgery. 89. 12. Proquest Nursing & Allied Health Source.  
RCN Addition



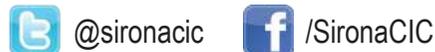
### For more information / Accessibility

t: 0300 124 5300\*

This leaflet can be provided in other formats and languages, please contact us for more information.

e: [askSirona@sirona-cic.org.uk](mailto:askSirona@sirona-cic.org.uk)

w: [www.sirona-cic.org.uk](http://www.sirona-cic.org.uk)



\*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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## Nosebleeds

Information  
for people attending  
the Minor Injury Unit

Service provided by



## Coping with nosebleeds

This information is designed to help you cope with any nasal bleeding you may suffer and to suggest ways that may help prevent further episodes.

## Why have I had a nosebleed?

Often the cause is unknown. However, some causes can include:

- High blood pressure
- Picking your nose
- Recent colds resulting in strong nose blowing
- Recent sinus or nasal surgery
- Anti-coagulation therapy

## Where does the bleeding come from?

The nose has a rich blood supply. Blood capillaries all converge in the nasal septum (the thin piece of cartilage separating the nostrils). The area of the septum which contains all these blood vessels is known as the Little's area.

Most nosebleeds arise from this point and can be stopped by applying pressure.

## What are the first aid procedures to stop the bleeding?

It is important to remain calm.

1. If you are alone, summon help if possible.
2. Sit upright with your head slightly forward. Breathe through your mouth.
3. Apply firm pressure with the thumb and forefinger to the soft fleshy part of the nose under the bridge. You will need to do this for approximately 10-15 minutes.

Do not feel tempted to let go sooner, as all the good work done by the compression may be undone by curiosity to see if the bleeding has stopped.

4. Ice packs can be applied to the forehead or bridge of the nose (a packet of frozen peas or similar makes a good ice pack). Sucking a small piece of ice can also assist in stopping the bleeding.
5. If you feel that blood is trickling down the back of your throat, try not to swallow it, as blood can irritate the stomach and cause nausea and vomiting. Try to spit the blood out.
6. It may be helpful to measure the amount of blood loss. We realise that this is difficult, but try to catch any blood in a bowl.

## What happens if I cannot stop the bleeding myself?

- If after 10-15 minutes the bleeding continues or gets worse, medical help is needed. You are advised to attend the accident and emergency department of your nearest hospital or call an ambulance.
- Do not panic! The reason you need to get to hospital is so that the professionals can stop the bleeding for you. Sometimes very severe nosebleeds may make you feel faint or dizzy, so make sure you are sitting down. (Standing up may lower an already low blood pressure.)

## What to do after your nosebleed has stopped?

- Do not drink very hot fluids for 24 hours. This can cause the blood vessels to dilate, which can lead to bleeding.
- If you smoke, try to give up or at least cut down. Smoking can irritate the sensitive nasal mucosa, leading to bleeding.
- Avoid blowing your nose for a couple of days to allow the healing area inside the nose to settle down.
- If you feel as if you are going to sneeze, cover your mouth and sneeze through your mouth. Do not try to hold back a sneeze, as this may cause a build up of pressure in your nose which can cause bleeding in the healing area.
- Avoid constipation and straining when going to the toilet, as again this increases the pressure inside your nose. Lots of fibre in your diet may help.
- Avoid vigorous exercise, heavy lifting and bending over for a week after a nosebleed.

## Call 111 if you urgently need medical help or advice but it's not a life-threatening situation.

For less urgent health needs, contact your GP or local pharmacist in the usual way.