



Nosebleed

You came to the emergency department with a nosebleed. The bleeding has been stopped and it is safe for you to go home. This sheet explains how to prevent it starting again and what to do if it does.

What is it?

The inside of the nose has many small blood vessels close to the surface. They can bleed after picking or blowing the nose, a cold, dry air, or a knock to the nose. Most nosebleeds come from the front of the nose and are easy to stop. They are more common in children, older people, and people who take blood thinners.

Looking after yourself at home

- If it bleeds again: sit up, lean forward, and firmly pinch the soft part of your nose for 10 to 15 minutes without letting go.
- Breathe through your mouth and spit out any blood; do not swallow it.
- Do not tilt your head back or lie down while it is bleeding.
- For the next week, do not pick or blow your nose hard; sneeze with your mouth open.
- For 1 to 2 days, avoid hot drinks, hot showers, heavy lifting and hard exercise.
- If you have packing in your nose, leave it in until your doctor says it can be removed.

Medicines

- Paracetamol can help with pain, unless your doctor told you not to. Follow the packet or your doctor's instructions.
- Avoid ibuprofen and aspirin for pain, as they can make bleeding more likely.
- If you take blood thinners, do not stop them unless your doctor tells you to.
- If you were given a nose cream or ointment, use it as directed.

Follow-up

- See your family doctor or health centre if nosebleeds keep coming back.
- If you have packing, return to have it removed on the day you were told.

Come back to the emergency department or call an ambulance straight away if:

- Bleeding that does not stop after 20 minutes of firm pressure
- Very heavy bleeding, or blood running down the back of your throat
- Feeling faint, dizzy, very pale, or short of breath
- A nosebleed after a hard blow to the head or face
- The nose packing falls out and the bleeding starts again



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This leaflet is general information to support the advice your doctor or nurse gave you today. It does not replace their advice. If you are worried, seek medical help.

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