

NOSE BLEEDS

~~~~~

## SEEK EMERGENCY CARE NOW IF:

Any of the following present:

- Unable to stop the bleeding after 30 minutes of constant pressure
- Decreased level of consciousness
- Rapid heart rate, pale skin, or short of breath

## GO TO THE CLINIC, URGENT CARE OR PHYSICIAN WITHIN 2 HOURS IF:

- You have difficulty breathing as a result of this
- Feeling lightheaded or dizzy
- If the nose bleed follows a severe headache
- If you have a history of high blood pressure, bleeding disorder, or are taking blood-thinning medications or aspirin or nonsteroidal anti-inflammatory drugs and have persistent nosebleeds.



## GO TO THE CLINIC, URGENT CARE OR PHYSICIAN WITHIN 24 HOURS IF THE FOLLOWING ARE

### PRESENT:

- Recent injury and persistent deformity or obstruction
- More than three nosebleeds in the past 48 hours
- Recent nasal surgery, bleeding has stopped and restarted
- Recent nasal surgery and persistent bleeding

### HEMECARE INSTRUCTIONS:

- In a sitting position, with the head bent forward, firmly pinch the nose closed for 5-10 minutes with an ice-cold washcloth. Breathe through the mouth.
- **DO NOT** blow nose
- If the bleeding stops and recurs, pinch the nose closed for 10-15 minutes.
- Avoid aspirin and anti-inflammatory products.
- Avoid smoking and strenuous activity for 24 hours after a nosebleed.
- Keep mucous membranes moist. Use saline spray several times a day.
- Avoid hot liquids such as soup, coffee or tea.

# NOSE INJURIES

~~~~~

SEEK EMERGENCY CARE NOW IF:

Any of the following present:

- Persistent bleeding >30 minutes....in other words if you keep having episodes of nosebleed lasting 30 or more minutes.
- Signs of head injury
 1. Lethargy
 2. Confusion, combativeness
 3. Difficulty speaking
 4. Visual Disturbances
 5. Severe headache
 6. Coordination problems
 7. Nausea and / or vomiting

- Sudden onset of neck pain, numbness tingling, or weakness in arms
- Persistent clear or pink nasal drainage

GO TO THE CLINIC, URGENT CARE OR PHYSICIAN WITHIN 2-4 HOURS IF:

- There is a laceration
- History of sinus surgery