

NOSEBLEED PRECAUTIONS

FOLLOW THESE TIPS AFTER A NOSEBLEED, TO MINIMIZE FURTHER PROBLEMS:

- Avoid hard nose blowing, straining, and nose picking.
- Sneeze through an open mouth.
- Do not take aspirin or products containing aspirin for 2 weeks following a nosebleed.
- Use Afrin or a similar long-acting nasal spray twice a day for three days following a nosebleed. Vaseline or a similar non-medicated ointment may be applied to the inside of your nose using the tip of a finger, being careful of sharp fingernails.
- If you have trouble with bowel movements, use a stool softener. Ask your pharmacist if you need advice on which one to use.
- For mild nosebleeds, spray Afrin or a similar nose spray onto a wisp of cotton and apply to the inside of the nose using mild pressure. For more severe nosebleeds, return to our office or go to the emergency room.
- Keep the nose moist with saline (salt water) spray as needed. You can find it at your pharmacy (brands include Humist, Ayr, NaSal, and Ocean). If it doesn't keep the nose moist enough, try an over-the-counter saline gel; apply it to the inside of the nose, but do not use a cotton swab.
- The ideal humidity is 40-50%. Low humidity is usually a problem in cool or cold weather when heating is used. Humidity gauges and humidifiers are widely available at local discount stores or pharmacies. The ultrasonic types of humidifiers tend to work better. Humidifiers must be kept absolutely clean, according to the manufacturer's instructions, and boiled or distilled water should be used, if possible. Consider placing the humidifier near a heating system intake vent to moisturize the entire house.
- If your blood pressure is up or if you bruise easily or bleed from other sites, speak with your family physician or internist as soon as possible.