First aid for nose bleeds (epistaxis)

1. Sit the patient down - in case they feel dizzy or faint.
2. Tip their head FORWARD at the neck.
3. Firmly pinch the SOFT part of the nose for 10 minutes.
4. Apply a cold compress to the nose to constrict blood vessels (to help stop bleeding).
5. Try to calm and relax the patient - ask them to breathe gently through the mouth.
6. If after 10 minutes the bleeding has not stopped, pinch firmly for a further 10 minutes and renew cold compress.
7. If the bleeding continues for more than half an hour, seek medical advice.
8. Once the bleeding has stopped, ask the patient to lie on their side and rest.
9. To prevent further nose bleeds:
   - Avoid heavy nose blowing;
   - Blow gently 1 nostril at a time;
   - Avoid interfering with the nose - Vaseline can be applied inside the nostrils to soften any crusts, and therefore discourage nose picking;
   - Keep children’s fingernails short, or use mittens.

Useful website
www.patient.co.uk

If you have any queries, please contact
Ward 307 on 01332 787307.