

## **EPISTAXIS OR NOSEBLEEDS**

- Apply saline spray to both nostrils 2 sprays every 1-2 hours while you are awake.
- If there is a bleeding site noted inside the nose apply Aquaphor ointment or a nasal lubricant with a Q-tip twice a day, especially before going to bed at night.
- Use a humidifier as often as you can, especially at bedtime.
- Avoid picking the nose, especially if there is a scab.
- If you are on a nasal steroid spray, such as Flonase (fluticasone), Nasacort, Rhinocort, Veramyst, Nasonex or Omnaris, you should stop using it until the nosebleed is under control.
- It is ok to use a nasal decongestant spray occasionally, such as Afrin, if the bleeding persists despite following the above recommendations. However, long-term use is discouraged and if the bleeding continues further treatment may be necessary.
- To stop a nosebleed, apply pressure to the dividing wall between the nostrils. Sit or stand upright with your head tilted forward to lower blood pressure to the head, and prevent the escaping blood from flowing down the throat. Take your thumb and forefinger and forcefully grab the front of your nose. Press hard enough so that the nostrils are pressed tightly against the septum, (or the wiggly part of your nose). Breathe through your mouth and continue to apply this pressure for 3 minutes by the clock.
- Most of the time, this pressure is sufficient to cause the blood to clot and stop the nosebleed. If the nose continues to bleed, apply pressure for another 1-2 minutes. If the bleeding still continues unabated after 15 minutes of steady pressure seek medical attention.
- Once the bleeding has stopped, do not blow your nose for several hours or you may cause it to bleed again. Apply an antibiotic ointment or Aquaphor or a nasal lubricant to a Q-tip and gently rub it on the inside of your nose. Reapply the ointment several times a day for several days, especially before going to bed at night. Many people tend to rub their noses unconsciously in their sleep, especially children. If the nasal lining is dry and unprotected, it can easily begin to bleed again.
- Nose bleeds tend to reoccur because, although the tissue quickly heals, it takes more than a week for the area to heal completely. In the meantime, if you rub the nose hard, sneeze, blow your nose, or stick your finger in your nose to scratch or remove dried crusts of mucous inside the nose, you effectively remove the healing tissue and the bleeding can start all over again.

**NASAL STEROID SPRAY and TOPICAL ANTIHISTAMINE USE**

- Pre-treat your nose with nasal saline if your nose is dry, sore or if you are likely to experience nose bleeds. Also, gently blow your nose to clear nostrils.
- With your head slightly bent down, looking at the ground, place nozzle tip ¼” inside the right nostril and angle tip toward the right ear while spraying. Avoid sniffing as you spray medication or there is increased chance the medication will go down the throat, (which could possibly lead to a sore throat).
- Repeat in the left nostril and angle the tip toward the left ear.
- Gently massage the side of the nostril for 10 seconds.
- Breathe normally and do not tilt head back after dosing (or during dosing) to avoid drawing medications into the throat.
- Wipe off any excess medication that runs out the nostril with tissue.
- Remember that nasal steroid sprays do not generally work right away and it may take up to 2-3 weeks of using them CONSISTENTLY AND DAILY before you see an improvement in your nasal symptoms. Also, nasal steroid sprays need to be used daily and are not meant to be used sporadically. If they are used intermittently, you may not experience the maximum benefit of the drug.
- Use sinus rinse in the morning and evening 5 minutes prior to using nasal steroid spray.
- Topical antihistamines work more rapidly than nasal steroid sprays and relief or improvement of symptoms is usually within 30 minutes. They are a good choice to use if you are going into an environment that makes your allergy symptoms worse (smoke, perfume, scented candles, etc.).