



VALLEY ENT
EAR, NOSE, THROAT & ALLERGY

Instructions - Epistaxis (Nosebleed)

Recommendations (Daily For 2 Weeks After A Nosebleed):

- Humidifier in the room at night (especially during the dry summer months).
- Place 2 sprays of AYR Saline Spray (Over-the-Counter) in each nostril 4x/day.
- Place AYR Gel (Over-the-Counter) gently with a q-tip into the front roof of the nose both nostrils morning and night.
- Nasal rinse kits (Sinus Rinse) are available over the counter in the nasal section (NeilMed is a common brand used). You can also make your own homemade saline rinse mix (see below).
- Start gentle rinses when you get home (the first couple of rinses may have bloody drainage, which is normal). Start the rinses from the nostril that was not bleeding or less severe. Rinse your nose at least twice a day. You may do this more often if needed. Rinse before placing AYR Gel in your nose (see above).
- Do not pick or blow your nose. Be careful not to bump or rub your nose and upper lip, as this action can open the blood vessels and restart bleeding. After 3 days you can begin to gently blow your nose after using the nasal rinse.
- Low grade fever of 99-101 degrees is common. You should call the office if your temperature rises above 101 degrees.
- Do not take Aspirin or NSAIDs (Ibuprofen, Motrin, Aleve, Naprosyn, etc.) or other products containing these medications for 2 weeks.
- Avoid heavy lifting (more than 20 lbs), straining, bending over, exercise, sports activities, or increasing your heart rate for 2 weeks.
- Drink plenty of fluids every day. This will help the recovery and avoid dehydration (64oz of water a day).

Homemade Saline Rinse Mix:

- Make it by the gallon: mix 4 teaspoons of non-iodized salt in and 2 teaspoons of baking soda in 1 gallon of distilled water.
- Make it by the cup: mix 8 oz (1 NeilMed bottle) of distilled water with 1/4 tsp salt and 2 pinches of baking soda.

If You Have An Active Nosebleed:

1. First, try to stay calm, especially for a young child. A person who is agitated may bleed more profusely than someone who has been reassured and supported. Then:
2. Temporarily, pinch all the soft parts of the nose together between your thumb and the side of your index finger and lean forward, until you can begin the steps below.

3. Attempt to clear nose of all blood clots using the sinus rinse (see above).
4. Spray nose four times in the bleeding nostril(s) with a decongestant spray such as Afrin or Neo-Synephrine® (Over-the-Counter).
5. Soak a cotton ball with Afrin or Neo-Synephrine® (Over-the-Counter) nasal spray, and place it into the nostril(s) bleeding. Its ok to use Afrin (Oxymetazoline/ Neo-Synephrine) OTC nasal spray for 3 days after the procedure for bleeding. Do not use for more than 3 days - it can cause rebound congestion and worsen your symptoms if used beyond that time period.
6. Pinch all the soft parts of the nose together between your thumb and the side of your index finger again. Press firmly but gently with your thumb and the side of your index finger toward the face (OTC Nasal Clips may be available at the pharmacy), compressing the pinched parts of the nose against the bones of the face.
7. Hold that position for a full 15 minutes.
8. Gently release the nose and soak the cotton ball in your nose with the nasal decongestant you used earlier. If bleeding restarts then repeat steps 6 and 7. If no, bleeding occurs after 5 minutes then gently remove the cotton ball.
9. Repeat steps 3 and 4.
10. If re-bleeding occurs then repeat steps as necessary.
11. If unable to stop the bleeding then go to the nearest Emergency Room.
 - Keep head higher than the level of the heart. Sit up or lean forward with the head elevated.

What To Expect:

- Some bleeding may occur over the next few weeks lasting seconds to minutes. As the nose is healing this should continue to improve.
- If you are still getting significant nosebleeds after 2 weeks, then you should schedule a follow up appointment.