

# Epistaxis- Nose Bleed

## What is it?

- **Epistaxis**– acute hemorrhage from the nostril, nasopharynx or nasal cavity

## Recommendations:

- **Stable Patients**- grasp and pinch entire nose, maintaining continuous pressure for at least 10 minutes, compress the soft nose tissues not the hard, keep head elevated but not hyper extended due to bleeding into the pharynx and possible aspiration-works more than 90% of the time; sit quietly keeping the head higher than the level of the heart, sit up or lie with the head elevated; apply crushed ice (in a plastic bag) to the cheeks and nose; *AVOID laying flat or putting your head between your legs*
- **Activity**- do not forcefully blow nose or pick nose, avoid contact sports



## Facts:

- **Bleeding Caused by Dryness in the Home**- Humidify the air with a vaporizer, use nasal saline sprays
- **Rare Cases**- may cause excessive bleeding and even death
- **Epistaxis**- occurs more often in males than females
- **Common Causes**- chronic sinusitis, nose picking, foreign bodies, cigarette smoke, irritants, medications as topical corticosteroids, rhinitis, trauma, hemophilia, hypertension, vascular malformation, septal deviation, septal perforation, leukemia, liver disease, platelet dysfunction, thrombocytopenia



## What can I do?

- **See your Health Care Provider**- to address the patient's airway, breathing, and circulation
  - **Treatments**- topical vasoconstriction, chemical cautery, nasal packing, electrocautery, posterior gauze packing, balloon system, arterial ligation, embolization
- **See a Registered Dietitian**- NPO- Nothing by Mouth and once the bleeding is controlled begin a FLD/Full Liquid Diet

