

Dr. Marcincuk's Instructions for Nose bleeds

To prevent bleeding:

- *Do not pick your nose
- *Use nasal saline spray, or nasal saline irrigation frequently
- *Use a petroleum jelly based ointment (Vaseline, Aquaphor) twice a day to your nostrils
Apply to the outside of your nose and rub the flexible sidewall of your nose to massage it inside.
Do not put put your fingertips or Qtips in the nose to try to apply this jelly.
- *Use a humidifier/vaporizer at night to moisturize the air
Be sure to let it air dry during the day so that it does not begin to grow mold.

When bleeding occurs:

- *If you are outside in the heat, get inside where it is cooler
- *Try to relax to avoid having your blood pressure get too high
- *Keep your head above the level of your heart
- *Blow out any clots from your nasal cavities
- *Spray Afrin on the side of the nose that is bleeding
- *Hold pressure (with a cold cloth if available) for 5-10 minutes, nonstop

You can also purchase some products over the counter to help stop bleeding (use as directed):

Nasal cease
Nosebleed QR

This will control bleeding most of the time.

If this does not work, call the office or go to the Emergency Room.