

If you have **active** bleeding (epistaxis), the following maneuvers should help:

- 1) Relax. Move indoors where it is cool and comfortable. Anxiety and heat increase bleeding.
- 2) Evacuate your nose of blood clots by blowing into a sink then apply 3 to 4 sprays of topical decongestant such as Afrin to each nostril.
- 3) Hold pressure along your nose, squeezing both nostrils closed for 10 minutes.
- 4) Place an ice pack across the bridge of your nose. Cold temperature causes blood vessels to shrink and thereby decreases bleeding.
- 5) You can also hold an ice cube against the roof of your mouth with your tongue or an ice pack against your neck under the jaw on the same side as the bleeding.
- 6) Keep your head elevated on a couple of pillows.

During periods of recurrent nosebleeds there are several modifications you should employ to allow healing of your nasal membranes:

- 1) Avoid vigorous activity. This includes jogging, lifting, yard work, aerobics, contact sports, or any activity which causes your heartrate to increase.
- 2) Avoid hot liquids and hot/spicy foods. Heat causes blood vessels to enlarge and increases risk of bleeding.
- 3) Avoid hot showers and hot baths. Hot tubs and saunas are off limits.
- 4) Avoid medicines which alter the ability of your blood to clot normally. This includes over-the-counter medicines such as aspirin, ibuprofen, Advil, Motrin, Anaprox, Naprosyn, Orudis, Nuprin, Ecotrin, and other non-steroidal anti-inflammatories. Tylenol (acetaminophen) products are acceptable.
- 5) Do not blow your nose, as this may forcibly disrupt clots along your nasal membranes. Sniffing is okay. Sneeze through an open mouth.
- 6) Smoking is discouraged because it delays the healing process.
- 7) Use a humidifier in the room in which you sleep or work.