

NOSEBLEEDS

The majority of nosebleeds are a result of bleeding from the anterior portion of the nasal septum, where there is a network of very superficial blood vessels. These vessels become exposed and bleed secondary to various factors, not limited to: direct trauma (nose picking), dry heat in the home/room, overall lack of moisture (dehydration), use of anti-platelet and anticoagulant medications, and high blood pressure.

Episodes of nosebleeds are usually managed if a few conservative treatment approaches are followed. Below is a list of recommendations for nasal hygiene to help reduce the number of such episodes.

Moisturizing Nasal Mucosa

1. Nasal saline spray (Ayr, ENTsol, Ocean) to each nostril 4 to 5 times daily.
2. Moisturizing gel (Ayr gel, petroleum jelly) apply to inside of nostrils and against nasal septum 2 to 3 times daily.
3. Utilize humidifier and humidified oxygen if on home oxygen therapy.
4. Maintain adequate over hydration.

Minimize Trauma

1. Discourage nose picking.
2. No shoving tissue paper into the nose.

Reduce Bleeding

1. Spray Afrin (oxymetazoline) decongestant spray, 2 to 3 times in affected side with 10-15 minutes of direct pressure (pinch) to anterior, soft part of the nose. Pressure on the nasal bones is not effective. You can also soak a small cotton ball with Afrin and plug the nostril with the cotton.
2. Hold or discontinue antiplatelet or anticoagulant medications as medically feasible (aspirin, Plavix, Coumadin)
3. Keep systolic blood pressure below 130.