



6811 N. Knoxville Avenue, Suite A, Peoria, IL 61571 Phone: 309-692-5337 www.ilbcdi.org

Nosebleeds

Although they can be scary, nosebleeds are common and usually aren't serious. Most stop on their own and can be treated safely at home. Nosebleeds occur more often in winter and when the air is dry.

What to Do:

- Sit up with your head tilted slightly forward. **Do not lean back** (this may cause gagging, coughing, or vomiting).
- Pinch the soft part of the nose (just below the bony part) and apply pressure for at least 5 minutes.
- Release the pressure to see if the bleeding has stopped. **Blow out any soft clots gently. If the bleeding continues, reapply pressure for another 5 minutes.** Continue these steps until the bleeding stops.
- If the bleeding has not stopped, additional treatment may be indicated.
- Seek medical care if you:
 - have frequent nosebleeds
 - tend to bruise easily, or have heavy bleeding from minor wounds
 - recently started a new medication
- Seek emergency medical care if bleeding:
 - is heavy
 - is accompanied by dizziness or paleness
 - continues after two or three attempts of applying pressure
 - is the result of a blow to the head or a fall

Think Prevention!

- To help prevent dryness in the nose, use saline (saltwater) nasal spray or drops (or put petroleum jelly on the inside edges of the nostrils) and use a humidifier.
- Avoid smoke exposure
- Avoid nose picking or forceful blowing
- Avoid any known allergens
- Keep fingernails short to avoid accidentally scratching inside of nose

If you or someone in your family experiences frequent and/or heavy nosebleeds, consult with your physician as this may be a sign of a bleeding disorder.