

Nosebleeds

Some common causes of nosebleeds are low humidity, colds, allergies, injury to the nose, medications, and blowing or picking your nose.

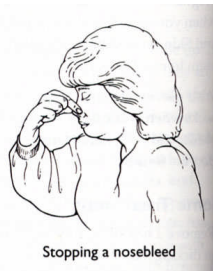
Prevention

Humidify your home especially the bedrooms and keep the heat low (60 to 64) in sleeping areas.

If your nose becomes very dry, breathe moist air for a while (i.e. in the shower) and then put a little KY-jelly on the inside of your nose to help prevent bleeding. A saline nasal spray may also help. You can check with your own doctor regarding these two treatments.

Home Treatment

1. Sit up straight and tip your head slightly forward. Tilting your head back may cause blood to run down your throat.
2. Pinch the soft part of the nose firmly for 5 to 10 minutes without releasing. You may try placing a cold compress on the bridge of the nose. Breathe through your mouth.
3. Release the nostrils slowly, and avoid touching or blowing the nose.
4. If it is still bleeding, hold it for 10 more minutes. Most nosebleeds will stop after you apply direct pressure for 10 to 30 minutes.
5. Stay quiet for a few hours and do not blow your nose.



When to call a Health Professional

- If the bleeding hasn't stopped after you have applied direct pressure for 30 minutes.
- If blood runs down the back of your throat even when you pinch your nose.
- If you think your nose may be broken
- If nosebleeds recur often.