ENT of Denver, P.C.

Owen S. Reichman, MD
Anya Miller, MD
4500 E 9th Ave, Suite 610
Denver, CO 80220
Phone: (303) 316-7048
Fax: (303) 316-7061

Nosebleed Prevention and Treatment

What causes my nose to bleed?

- Allergies, infections, or dryness that causes itching and lead to picking at the nose.
- Vigorous nose blowing that can rupture superficial blood vessels
- Clotting disorders that occur in family or are due to medications such as Coumadin, Xarelto, and other anti-coagulation therapies.
- Fractures of the nose or the base of skull can cause bleeding and should be regarded seriously when the bleeding follows any injury or trauma to the head.

Keep on hand for nosebleeds

- **Nasal Saline Spray** (i.e. Ayr, Ocean, Simply Saline)
- **Nasal Saline Gel** (i.e. Ayr Nasal Gel, NeilMed NasoGel)
- **Nasal Decongestant Spray** (i.e. Afrin, Neosynephrine)

To prevent nose bleeds

- **Do Not Pick or blow your nose** for at least 10 days
- Use saline nasal spray every two hours, during waking hours
- Gently apply Nasal Saline Gel just inside the nose each morning and evening
- Use a humidifier to help prevent drying of the mucous membranes within the nose

If bleeding should occur

1. Attempt to clear the nose of blood clots by ***gently*** blowing your nose
2. Spray 2 (two) sprays of nasal decongestant spray, such as Afrin, into the nose
3. Hold pressure for 5 mintues by pinching your nose at the top of your nostrils
4. Repeat until bleeding resolves
5. If bleeding is persistent for greater then 20 minutes, go to the emergency room for further treatment and evaluation.