

## What is a nosebleed?

Nosebleeds (also called *epistaxis*) are very common. They can occur at any age but are twice as common in children. Most nosebleeds are harmless and do not require treatment.

Nosebleeds usually happen when a small blood vessel inside the nose lining bursts and bleeds. The lining of the nose has lots of tiny blood vessels, which warm the air as it enters the nose. This lining is very fragile and may break easily, causing bleeding.

## What causes a nosebleed?

A range of factors can cause a nosebleed. The common ones include:

- fragile blood vessels that bleed easily, mostly in warm to hot, dry weather
- an infection of the lining of the nostrils, sinuses or adenoids
- colds, flu, allergy or hay fever
- bumps or falls
- an object pushed up the nostril
- nose-picking
- constipation causing straining
- medications such as *warfarin*, aspirin, *clopidogrel* (also known as 'blood thinners') and anti-inflammatory tablets
- a bleeding or clotting disorder. This is rare.

## Treatment

While in the emergency department, the doctor will attempt to find the site of the bleeding and treat it.

For severe nosebleeds, you may have a blood test to estimate how much blood you have lost.

There are a number of ways to stop the bleeding.

- Applying an ointment that slows the blood flow.
- *Cautery* (a tool which 'burns' or 'freezes' the blood vessels) to seal the blood vessels so they no longer break open.
- Packing your nose with gauze or a special dressing.

If your nose is 'packed', the gauze may need to remain in place for up to two days. Do not remove it yourself. You should go back to your doctor to have it removed. With packing you may be prescribed antibiotics to prevent a bacterial infection.

If nasal packing is not needed, your doctor may advise you to apply an antibiotic ointment inside the nose.

## First aid

**You can stop nearly all nosebleeds yourself at home.** Follow these simple first aid steps.

- Stay calm. If a child has a nosebleed then reassure them. Crying will make the bleeding worse.
- Sit upright and bend forward slightly. Use the thumb and forefinger to pinch the nose. Squeeze firmly over **the soft part** of the nose just above the nostrils. Hold for **10 minutes** and then release the grip slowly. You may have to repeat this step until the bleeding stops.



- Do not keep checking whether the bleeding has stopped because the blood needs time to clot.
- Do not blow your nose once the bleeding has stopped otherwise it may bleed again.
- Breathe through your mouth while the nostrils are pinched.
- Spit out any blood that comes into your mouth. Do not swallow the blood.
- It may help to put a cold pack or cold cloth over your forehead or the bridge of the nose.

## Home care

- Rest quietly for the next 12 to 24 hours.
- Avoid hot liquids for at least 24 hours after a nosebleed.
- Do not pick or blow your nose for 12 hours.
- Avoid strenuous exercise, straining or lifting heavy items for seven days.
- If you have constipation, ask your doctor or pharmacist for a stool softener to prevent straining.
- Avoid aspirin if possible. If your doctor has prescribed aspirin for a specific condition, ask your doctor what you can do to prevent nosebleeds.
- Some people with dry skin in the nose may find ointment (such as *Vaseline*) or nasal sprays may help. Ask your doctor or pharmacist for advice.

## What to expect

- Most nosebleeds cause only minor discomfort.
- Some people may have several nosebleeds over a period of a few weeks.
- In the elderly, the bleeding can come from the back of the nose. This can be serious.
- Sometimes the bleeding is due to an underlying bleeding problem. This is rare.
- Rarely do people lose so much blood that it causes anaemia (a serious reduction in the number of red blood cells).

## Prevention

If the bleeding happens often, ask your local doctor to check for any underlying problem. You may need *cautery* to stop the nosebleeds for good. This only works if one blood vessel is involved. If there are more, then the bleeding is likely to come back. If an ongoing infection is the cause, your doctor may advise an antibiotic ointment or tablet.

Other measures that may help prevent nosebleeds include:

- using a humidifier
- drinking plenty of fluids
- using an ointment on the affected area (such as *Vaseline*)
- using a saline nasal spray
- using headgear when playing sports
- avoiding cigarette smoke.

Notes:

## Seeking help



In a **medical emergency** go to the nearest hospital emergency department or call an ambulance (dial 000).



For other medical problems see your local doctor or health care professional.



For health advice from a Registered Nurse you can call **NURSE-ON-CALL 24 hours a day** on **1300 60 60 24** for the cost of a local call from anywhere in Victoria.\*

**NURSE-ON-CALL** provides access to **interpreting services** for callers not confident with English. Call **1300 60 60 24**.

\*Calls from mobile calls may be charged at a higher rate



## Want to know more?

- Ask your local doctor or health care professional.
- Visit the **Better Health Channel**  
[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

If you would like to receive this publication in an **accessible format**, please phone 9096 0578 or email [edfactsheets@health.vic.gov.au](mailto:edfactsheets@health.vic.gov.au)



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