



MICHIGAN PEDIATRIC
EAR, NOSE, AND THROAT ASSOCIATES

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Nosebleed (Epistaxis) Fact Sheet

What Is It?

The inside of the nose is covered with moist, delicate tissue (mucosa) that has a rich supply of blood vessels near the surface. When this tissue is injured, even from a minor nick or scratch, these blood vessels tend to bleed, sometimes heavily. Nosebleeds near the front of the nose, called anterior nosebleeds, are very common since this is the most accessible area to injury. The most frequent location is the nasal septum, the wall between the two sides of the nose. In most cases, this type of nosebleed is not serious. It usually can be stopped with some local pressure and a little patience.

Prevention

You can help to prevent nosebleeds by:

Not picking your nose

Being gentle whenever you blow your nose

Using a humidifier if your indoor climate is dry during the winter months

Avoiding facial trauma by wearing a seatbelt and shoulder harness in the car and by using well-fitting headgear to protect your face during contact sports, such as football or karate.

Treatment

1. Isotonic Nasal Saline Spray (ex: Ayr, Ocean, Neomed, Generic CVS/Walgreen brand)
2 sprays each nostril two-three times a day.
2. Bacitracin/Neosporin/Bactroban/Ayr Gel
Apply to inside of nose to septum twice a day morning and night.
3. Use of a humidifier in room at night.

Optional: Ponaris nasal emollient: apply as directed.

How to stop a Nosebleed

1. Pinch the soft parts of the nose between your thumb and two fingers.
2. Hold it for 3 minutes without releasing (timed by a clock).
3. Keep head higher than the level of the heart, sit upright.
4. Positioned forward, chin tucked to chest to avoid swallowing any blood

Pinch Here →



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