

Discharge following a nosebleed



General advice

After your nosebleed has stopped it is important to **avoid** a few things over the next 48 hours to prevent it from starting to bleed again:

- ❖ **Blowing or picking your nose** as this may disrupt the blood clot
- ❖ **Hot drinks and hot showers or baths** as these will cause the blood vessels in your nose to open up
- ❖ **Alcohol**
- ❖ **Heavy lifting and strenuous exercise**
- ❖ **Bending down**, for example to pick up something off the floor
- ❖ **Lying completely flat**, use pillows to keep your head higher than your chest

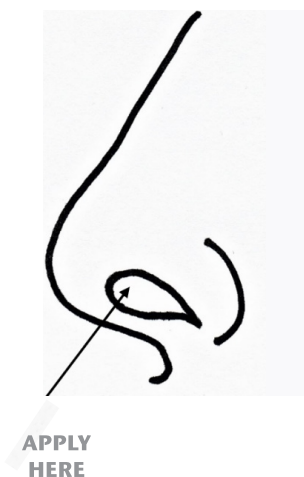
Creams

You may have been given some antibiotic cream (Naseptin). This should help to prevent the nosebleed from starting again by keeping the bleeding spot moist and stopping infection.

You should use this four times a day for 10 days.

Using the nozzle of the tube, gently apply to the inside of your nostril on the side that was bleeding (see right).

Do not use Naseptin cream if you have an allergy to peanuts or soya as it contains peanut oil – petroleum jelly such as Vaseline can be used as an alternative.



If the nosebleed starts again

Lean your head forward and pinch the **soft** part of your nose (or use the nose peg if provided) for 20 minutes. This slows the bleeding and allows it to stop.

Do not use the nose peg for more than 20 minutes at a time.

If the bleeding has still not stopped, place a covered ice pack or a bag of frozen vegetables wrapped in a cloth on the bridge of your nose, while you pinch the soft part of your nose.

If these methods do not work, please make your way to the Emergency Department.

Attend the Emergency Department immediately if:

- ❖ The bleeding is very heavy even when you pinch the soft part of your nose
- ❖ You have difficulty breathing
- ❖ You feel faint or unwell



www.careopinion.org.uk

NHS inform - The national health information service for Scotland.
www.nhsinform.scot
Tel No: 0800 22 44 88

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 30 30 243 or e-mail info@lanarkshire.scot.nhs.uk

Pub. date:	August 2023
Review date:	August 2025
Issue No:	03
Clinical Lead:	