



Department of Otolaryngology-Head and Neck Surgery

## NOSE BLEEDS

1. **Nasal saline spray** 2-3 times a day into each nostril. These sprays can be purchased over the counter or made at home\*\*.
2. **Vitamin E ointment or vaseline** 2 times a day. Vitamin E can be purchased over the counter in a tube or as a pill. Simply puncture the pill with a safety pin and squirt the contents into each nostril twice a day.
3. Run a **cool-mist humidifier** in the bedroom at night.
4. **Avoid medications containing aspirin or ibuprofen.** These medications thin the blood. Consult with your primary physician if you take these medications daily for your heart or prevention of stroke.
5. Avoid nose blowing and nose picking as much as possible.
6. Sneeze through an open mouth.

**\*\*How to make saline solution.**

1. 1 teaspoon of salt
2. 1 quart of tap water

Boil water for 20 minutes, cool until lukewarm

Prevention is an effective way to stop recurrent nose bleeds. However, if a nose bleed does occur:

1. Afrin nasal spray (oxymetazoline) can be used to constrict the nasal blood vessels. Spray two sprays into the nose when it starts to bleed and pinch the soft part of the nose closed.
2. Hold the pinch for 15 minutes. Watch the clock; this will feel like a long time. Resist the urge to “peek” to see if the bleeding has stopped.
3. You may repeat the nasal spray and hold the pinch again for 15 minutes.
4. If bleeding is uncontrollable for over 30 minutes or your child becomes pale or lightheaded, then go to the nearest emergency department for evaluation.

**PLEASE CALL IF YOU HAVE ANY QUESTIONS!**  
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