



## **NOSE BLEED INSTRUCTIONS**

Nose bleeds are often caused by injuring the membranes of a blood vessel in the nose with Q-tips, fingertips, hard nose blowing, or trauma to the nose.

Now that you have seen the doctor, carefully follow instructions below and your nose should heal quickly.

1. Do not pick your nose or insert anything into it (such as Q-tips, handkerchief corners, Kleenex, etc.). Do not blow your nose with force.
2. If you have to sneeze, expel the sneeze through your open mouth.
3. Avoid any strenuous exertion or heavy lifting.
4. Gently apply Vaseline or Ayr gel in your nostrils at bedtime.
5. Avoid hot drinks and alcoholic beverages for four days.
6. Use nasal saline spray / ocean nasal spray 3 to 4 times a day.
7. Use a humidifier at night. Place it by your bedside.

### **IF THE BLEEDING STARTS AGAIN**

1. Sit with your head slightly forward and squeeze the lower half of your nose between your thumb and index finger. Keep this pressure continuous for ten minutes.
2. If this does not control the bleeding, you should see a doctor.

**NOTE:** During business hours, the Ear, Nose, and Throat Clinic phone number is:  
617-636-5511

During nights and weekends, please go to the Emergency Room.