

Nose Bleed

The nose is an area of the body that contains many tiny blood vessels that can very easily break. Nose bleeds can be troublesome and a significant amount of blood can be lost with a nosebleed.

General Information:

- 1 in 7 Americans will have a nose bleed at some point in their life.
- Nose bleeds are most common between the ages of 2-10 and 50-80.
- Two general types of nosebleeds exist: anterior and posterior.

Causes of Nosebleeds:

- Allergies, infections or any condition that causes dryness or itching of the nose.
- Trauma of any kind-including your finger!
- Vigorous nose blowing or any vigorous straining that significantly raises your blood pressure.
- "natural" supplements.
- Genetic bleeding disorders.
- Masses or tumors.

Evaluation:

- A complete history and physical of the head and neck will be done.
- Sometimes a camera will be used to identify if there is a "posterior" source of the bleeding.
- Some lab studies aimed at determining if there is a clotting disorder may be sought.

Treatment

- Moisturizing agents such as vaseline or saline gel can keep the front of the nose moist and prevent bleeds.
- Cautery may be necessary. This will require local anesthetic and may need to be done more than once.
- Packing - for severe bleeds, placing of a pack or sponge in the nose may be required
- Surgery may also be required for severe bleeds, or posterior bleeds.

Bleeding at home:

If bleeding at home occurs, pinch the front soft part of your nose for about 10 to 15 minutes. Do not lean your head back; leaning forward is preferred. Find a comfortable place to sit or stand-do not lay down. Consider soaking a cotton ball with a nasal decongestant such as Afrin and place it in your nose. You will need to remove it once the bleeding has stopped. Consider sucking on ice or placing an ice bag on your face as this will help slow the bleeding.

If the bleeding is so severe that it cannot be controlled with the above measures, or if you are uncertain about controlling the bleeding yourself; call 911 or have someone escort you to the nearest emergency room.

You can also call us at **(909) 466-8400** for further help.