
Epistaxis Management (Nose Bleeds)

If Your Nose Bleeds:

1. Soak the inside of the nose with Afrin spray (oxymetazoline).
2. Pinch the nose, including all of the lower nose, for 10 minutes.
3. Sit down and try to relax. If bleeding is occurring in the mouth or around the pinched nose, allow it to bleed into a basin or a towel, but keep the nose pinched.
4. Release the pinched nose after 10 minutes and see if bleeding continues. If bleeding does continue, apply more Afrin and keep pinching. If bleeding continues for another 10 minutes after that, go to the emergency room.
5. If bleeding stops with application of pressure and Afrin, do not blow your nose for the next 2-3 days. The nose can be wiped only.
6. To keep your nose from bleeding, apply Afrin in the nose every two hours the first day, every six hours the second day, and every 12 hours the third day. After this point, stop using Afrin.
7. Keep the nose very moist using saline gel throughout the day and a small amount of petroleum jelly (such as Vaseline) inside the nose overnight.

After Nasal Cautey

After the nose has been cauterized with a chemical cautey (like silver nitrate) it may still have a tendency to bleed. At least one nose bleed after chemical cautey is not surprising—it often happens the next day after cautey. Manage it the same way you would with any nosebleed, following the instructions above.

Continue to keep the nose moist by using a bedside humidifier, a lot of nasal saline gel in the nose, a small amount of petroleum jelly in the nose at night, and avoid aggressive nose blowing for at least 3-4 days after nasal cautey.

Routine Nasal Management

Nasal humidification is essential to a healthy nose in this dry desert environment. Saline gel applied as an ointment can be very effective. Apply the saline gel to a finger or a Q-tip and wipe it just inside the nose. A nasal saline gel spray is also available and may be effective for dryness that is deeper inside the nose. This technique to combat dryness can be used many times throughout the day, even every 5-10 minutes, to keep the nose moist. Additionally, good oral hydration is strongly recommended unless discouraged by your doctor for other medical problems such as heart failure or kidney failure. A bedside humidifier is also strongly recommended as it can help humidify the air overnight. If oxygen or a sleep apnea machine is used, it is strongly advised you make sure both of those machines have humidification measures attached to help with over drying of the nose.