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### Home Treatment for Most Nose Bleeds

The next time your child runs home from the playground with a bloody nose, follow these simple tips. According to the American academy of Otolaryngology-Head and Neck Surgery, the national society of physicians who treat the ear, nose, and throat and related areas of the head and neck, most nose bleeds do not require professional care.

There are two types of nose bleeds-anterior and posterior. Anterior nose bleeds occur in the front parts of the nose, and begin with a flow blood from one or both nostrils when the patient sits up or stands. This is the type most common in children and the type which can be treated at home.

Posterior nose bleeds flow down the back of the throat as well as from the nostrils **regardless of position**. These more severe nose bleeds require a physician's care. Older people, those with high blood pressure and facial injury victims are prone to posterior nose bleeds.

There are three easy steps that can help stop and anterior nose bleeds:

- Blow all the clots out of the nose
- Sit up and lean slightly forward. This way you can see the blood flow out of the nose, and you will avoid choking on blood flowing down the throat.
- Pinch the soft parts of the nose together, push firmly in towards the face until the flow stops. Hold this position for five minutes before releasing the pressure. It is helpful to time this by a clock.
- If you do not suffer from uncontrolled high blood pressure, you can spray some Afrin nasal spray on half a cotton ball and place it just inside the nostril of the bleeding side and pinch the soft parts of the nose together for 5 minutes.

Ice, packing and other measures are probably unnecessary, and are harmful if they divert attention from applying direct pressure.

Remember to refrain from vigorous activity for at least 48 hours after a nose bleed, and keep the nose moist, as detailed below.

To prevent nose bleeds, especially during the dry winter months, maintaining nasal humidity is of utmost importance. Use a saline solution (available at drugstores as Saline Nasal Spray, or easily made at home by adding ¼ teaspoon salt to a cup of water) in the nose several times a day. A small amount of lubricating cream such as Vaseline can be placed inside the nose morning and night, and general measures to increase the humidity at home or workplace are also helpful. Avoid rubbing or picking the nose. Trimming the fingernails of small children can prevent trauma.

Although nose bleeds usually can be safely treated at home, remember a physician's care is recommended for posterior, recurring and uncontrollable nose bleeds. Your otolaryngologist can offer more specific advice and treatment.