



Nose Bleeds

Nose bleeds can be caused by trauma or a range of medical conditions; some of which can be surprisingly difficult to control.

Management

- Have the patient apply direct pressure to the soft part of the nose by pinching firmly just below the bone for at least 10 minutes and ask the patient to breathe through their mouth.
- Sit the patient upright with head slightly forward.



- If the bleeding is controlled after 10 minutes ask the patient not to blow their nose for several hours.
- If not controlled after 10 minutes, reapply the above management for a further 10 minutes.
- Apply cold packs to back of neck and to the forehead.

WARNING

If the bleeding is not controlled after the second 10 minutes, or recommences when the pressure is removed, seek medical assistance.