

A/Prof. Alexander J. Saxby

MB BChir MA (Cantab.) FRACS

Clinical Associate Professor (University of Sydney)
Ear Nose Throat Surgeon (Adult and Paediatric)
Otology, Endoscopic Ear Surgery, Cochlear Implants

ABN 35897647421 Provider No. 286166BJ



Management of Epistaxis (Nosebleeds)

How to AVOID further nosebleeds after cautery

1. For 1 week, you should avoid the following:

AVOID FOR 1 WEEK	WHY?	Try instead
Exercise/ workouts	Raises blood pressure and pulse	Walking
Heavy lifting/ Gym	Raises blood pressure and pulse	
Hot long showers	Dilates the blood vessels, causing them to open up and re-bleed	Warm brief showers
Bending over (eg to do shoelaces)	Causes venous congestion in the nose	Bend knees and straight back
Nose blowing	May open up the scab that has formed	Leave alone or irrigate

2. Apply ointment to the nostrils

This may be simple Vaseline or a prescribed ointment like Nasolate (which has additional vasoconstrictive properties). Apply twice per day for 1 week.

Wash hands, then place a small amount on your fingertip then apply to the nostril. Then press the outside of the nose to help encourage its application within. DO NOT apply with cotton bud as this will traumatize the delicate nasal mucosa and cause more bleeding.

How to TREAT further nosebleeds

What to do	Why?
Sit up	Lying down will make the blood run into the throat. Sitting with legs between your legs will increase the bleeding due to increased pressure. So, the best position is simply sitting up, e.g. on a chair.
Apply equal pressure on the OUTSIDE of both nostrils. The soft part of the nose.	Most bleeding comes from just inside the nose on the central partition (the septum) so by applying pressure will tamponade (stop) the bleeding. The bridge (hard part of the nose) does not contribute so pressing up the top of the nose doesn't help. It should be the soft fleshy nostril part that you press.
Do not stick tissues up the nostrils	This traumatizes the delicate nasal mucosa causing more bleeding. Put nothing in the nose, just press on the outside.
Hold for a good 5-10minutes	Don't be tempted to peek and see if it is still bleeding. Press and hold firmly. It takes a few minutes for the clot to form and the vessel that had sprung open to seal.
After any nosebleed, apply the rules above for a week to avoid further bleeding.	



ASOHNS

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OF OTOLARYNGOLOGY
HEAD AND NECK SURGERY

Sydney Centre for Ear, Nose & Throat

Suite 2, Level 1, Building 2
49 Frenchs Forest Rd East
Frenchs Forest NSW 2086

Tel: 02 9451 9883 Fax: 02 9451 9848

Email: info@sydneycentreent.com.au



FRACS

Fellow of the
Royal Australasian College of Surgeons