

Step-by-Step Nosebleed Care Instructions

Initial Positioning and Preparation

- Sit upright and lean slightly forward to prevent blood from flowing into the throat and causing choking or nausea.
- Breathe through the mouth to avoid disturbing the nasal passages.
- Stay calm and avoid panic, as anxiety can worsen bleeding.

Application of Direct Pressure

- Apply firm, sustained pressure to the soft part of the nose (lower third) for 10–15 minutes without interruption.
- If bleeding persists after 15 minutes, apply a vasoconstrictor nasal spray (oxymetazoline or phenylephrine) and continue pressure for another 10 minutes.

Post-Bleeding Care and Prevention

- Do not blow the nose, pick it, or insert anything into the nostrils for 24 hours.
- Use a saline nasal spray or apply petroleum jelly inside the nostrils to keep the nasal lining moist.
- Drink plenty of fluids to stay hydrated.
- Avoid heavy lifting, strenuous exercise, or straining for 24 hours.

When to Seek Medical Attention

Seek immediate medical care if any of the following occur:

- Bleeding lasts more than 20 minutes despite proper pressure.
- Heavy bleeding that soaks through tissues or clothing quickly.
- Frequent nosebleeds (more than once a week).
- Use of blood-thinning medications such as warfarin, aspirin, or clopidogrel.
- Known bleeding disorders or a family history of such disorders.
- Symptoms such as fatigue, dizziness, pale skin, or difficulty breathing.