

Contact details

Telephone: 01483 571122 ext 2206/2207

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Patient information leaflet

After your nose bleed

**Accident & Emergency
Department**

After your nose bleed

The common site for a nosebleed to start is from just inside the entrance of the nostril, on the nasal septum (the middle harder part of the nostril). Here the blood vessels are quite fragile and can rupture easily for no apparent reason. Common causes are:

- Trauma from picking the nose.
- Colds and blocked stuffy noses (eg. hay fever).
- Infection in the skin lining the nose.
- Blowing the nose.
- Minor injuries to the nose.
- Cocaine use.

How can I avoid any further bleeding?

- Do not pick, poke, prod or blow your nose.
- Avoid hot, spicy foods and alcohol.
- Do not shake your head vigorously.
- Do not take a hot or steaming bath or shower.
- Avoid smoky atmospheres.
- Avoid people with colds.
- Have drinks that are too hot or too cold.
- Taking part in physical activities too soon.
- Avoid straining on the toilet.
- Avoid bending down.

What should I do if my nose starts to bleed again?

Sit up and lean forwards over a bowl. Do not tilt your head back. Try not to swallow any blood as this may cause you to vomit (being sick).

Pinch the soft part of your nose under the bridge (bony part of your nose) for 20–30 minutes. Apply a cold flannel or ice pack around the nose and front of your face. The cold helps the blood vessels to close down (constrict) and stop bleeding. If the bleeding has not stopped after 20–30 minutes of continuous pressure, go to the hospital.

Some people have recurring nosebleeds. They may not be heavy, and soon stop, but can become distressing. In this situation you may be referred to an Ear Nose and Throat unit. It is often possible to cauterize ('burn') the bleeding point. This is normally a minor procedure which is usually successful in stopping recurrent bleeds.

Key reference source

www.patient.co.uk

Have you any other questions or problems?

Please contact us at Royal Surrey County Hospital Emergency Department on **01483 571122** ext **2206/2207**.