



NOSEBLEEDS

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Digital Version



Simply put, a nosebleed is the loss of blood from the tissue that lines the inside of your nose. Nosebleeds (also called epistaxis) are common. Majority of people will have at least one nosebleed in their lifetime. The location of the nose in the middle of the face and the large number of blood vessels close to the surface in the lining of your nose make it an easy target for injury and nosebleeds.

Although seeing blood coming out of your nose can be alarming, most

nosebleeds are not serious and can be managed at home. Some, however, should be checked by your doctor. Occasionally, blood loss is severe. Any loss of blood can be frightening.

To help, you need to:

- Stay calm
- Don't panic
- Follow these instructions.

Most of the nosebleeds are minimal & stop.

WHAT TO DO IF YOUR NOSE IS ACTIVELY BLEEDING

- Sit down
- Lean forward
- Pinch the lower, soft part of the nose firmly between forefinger and thumb, completely blocking it.
- Breathe through the mouth

Allow any blood that comes down the back of the nose to trickle out of the mouth, into a bowl, or whatever is to hand.

If the bleeding re-starts when you release the pressure, repeat the steps above.

If the bleeding persists despite doing all this properly, seek medical help from a specialist to rule out bleeding disorder, sinusitis, nasal polyp, adenoid infection, hypertension and tumor.

NOSEBLEED (EPISTAXIS)

Some people have nosebleeds (epistaxis). They may not be heavy and they soon stop; however, they can become distressing. In this situation you may be referred to an Ear Nose and Throat Specialist. It is often possible to 'burn' (cauterize) the bleeding point. This is normally a minor procedure which is usually successful in stopping if you have recurrent bleeding. Alternatively, your ENT PHYSICIAN may be able to perform cauterization. In some cases, an antibiotic cream is given to use either on its own or after having cautery."



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

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