



Information for patients, relatives and carers

Nose Bleeds (Epistaxis)

Care after your nose bleed:

Once your nose bleed has settled and you have been observed for a period of time you will be sent home. It is important that over the next two weeks you avoid:

- Hot food and drinks - these must be at room temperature only
- Hot showers or baths
- Strenuous exercise or lifting
- Blowing or picking your nose (or any scabs)

These can cause the blood vessels in your nose to dilate and may cause further nose bleeds. Also, for the next 48 hours please avoid blowing or picking your nose as this can break off the formed scab and cause a further nose bleed.

You will have been sent home with an ointment (if you are not allergic to peanuts) to be used in the affected nostril four times a day for the next 10-14 days. You should apply a small amount to your knuckle (or little finger of the opposite hand) and place under the affected nostril. With the other hand pinch the opposite nostril and slowly inhale through your nose. Do **not** put your finger inside your nose to apply the ointment as this can lead to further nose bleeds.

If your nose begins to bleed again you should:

- Sit up straight and lean forwards.
- Spit any blood from your mouth into a bowl, don't swallow it as it will make you feel sick and you may vomit.
- Apply very firm pressure to the nose. This is done by using your thumb and index finger to pinch the fleshy end of your nose firmly.
- Breathe through your mouth.
- Keep the pressure on continuously for 30 minutes.
- Apply ice-packs to the back of your neck and forehead as this can help to slow the bleeding.
- If the bleeding continues or you are taking blood thinners (warfarin, apixiban, rivaroxaban etc.) go to your nearest Emergency Department. We may need to pack or cauterise the nose to stop the bleeding.

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk/when-to-use-nhs-111/)

Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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