

If there is slight bleeding, sit upright and apply an ice pack. Firmly squeeze the soft lower half of the nose between the thumb and first finger for at least 10 minutes, without releasing. Spit out any blood as swallowing this may make you feel sick. A cold compress on the top of the nose or sucking ice may help you. If you are worried, please seek medical advice promptly.

**If your nose is still bleeding after 20 minutes, go to your nearest Emergency Department as soon as possible.**

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#### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

#### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net). This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## INFORMATION FOR PATIENTS

### Nosebleeds (epistaxis)

#### Emergency Department

##### King's Mill Hospital

Mansfield Road  
Sutton in Ashfield  
Notts NG17 4JL  
Telephone: 01623 622515, extension 2789

##### Newark Hospital

Boundary Road  
Newark  
Notts NG24 4DE  
Telephone: 01636 681681

A nosebleed (also known as epistaxis) is bleeding from the nose due to burst blood vessels at the front or back of the nostrils. The bleeding is usually mild and easily treated. If the bleeding is more severe, it is usually in older people or in people with other medical problems.

### **Treating your nosebleed:**

- A member of staff will take your observations. If your observations suggest you are becoming unwell with the amount of the bleeding or your bleeding has been ongoing for some time, we may move you to a different area of the Emergency Department, where we can monitor you more closely.
- A doctor or nurse will help treat you, using pressure on the soft part of your nose and using gauze to absorb blood.

### **Nasal cautery**

If the bleeding continues, your doctor may use a cautery stick, essentially a cotton bud with silver nitrate on the tip.

If the doctor can identify the bleeding point, they will use the cautery stick to seal the area of bleeding and you will be able to go home. Use of the stick may sting for a moment. If nasal cautery is not successful, we may need to admit you for further treatment.

### **Nasal packing**

Your nose may require packing, with a sponge or a ribbon dressing (a soft absorbent device into a nostril), to stop the bleeding or if severe with an epistaxis balloon. The packing will completely block your nose and you will need to breathe through your mouth.

If your nose is packed, this will remain in place for 24 to 48 hours. Since your nostril will be blocked you may experience a mild headache; dry mouth; reduced appetite; reduced taste sensation; difficulty swallowing; or watery eyes.

We may be able to discharge you home with an ENT clinic appointment, but it may be necessary to admit you for further treatment.

### **When you go home**

It is possible that your nose will bleed again. When you go home, try to avoid lifting, strenuous exercise, constipation and stressful situations, as they can cause your blood pressure to rise and increase the chances of a nosebleed.

Do not blow, pick or attempt to clean the inside of your nose. The crusting discomfort you may feel is part of the healing process, and if you remove the crusts, you may infect the area or cause another nosebleed.

You may have dark red or brown discharge from your nose. This is usual and is nature's way of clearing the nose.

