

During periods of nosebleeds (epistaxis) there are several precautions you should employ for at least 2 weeks to allow healing of your nasal membranes:

- Avoid all vigorous activity. This includes jogging, lifting, yard work, aerobics, contact sports, or any activity which causes your pulse to increase.
- Avoid warm liquids, warm foods, or spicy foods. Heat causes blood vessels to dilate thereby precipitating bleeding. You should consume nothing by mouth that is warmer than room temperature for 2 weeks.
- Avoid hot showers and hot baths. Hot tubs and saunas are off limits.
- Avoid medicines which alter the ability of your blood to clot normally. This includes over the counter medicines such as aspirin, ibuprofen, Advil, Motrin, Anaprox, Naprosyn, Orudis, Nuprin, Ecotrin, and other non-steroidal anti-inflammatories. Tylenol (acetaminophen) products are acceptable.
- Do not blow your nose, as this may forcibly disrupt clots along your nasal membranes. Sneeze through an open mouth.
- Avoid all trauma to your nose.
- Smoking is discouraged because nicotine can precipitate bleeding, heat dilates blood vessels, and the content of the smoke can delay the healing process.
- Try to use a humidifier in the room in which you sleep or work
- Keep your head elevated at night while sleeping

If you do experience additional bleeding, the following maneuvers should help:

- Relax. Move indoors where it is cool and comfortable. Anxiety and outdoor heat facilitate bleeding.
- Completely evacuate your nose of blood clots by blowing into a sink or Kleenexes and apply 3 to 4 sprays of topical decongestant such as Afrin to each nostril.
- Hold pressure high along your nose squeezing both nostrils closed for 10 minutes.
- Place an ice pack across the bridge of your nose. Cold causes blood vessels to constrict thereby decreasing bleeding.
- You may also hold an ice cube with your tongue on the roof of your mouth behind your front teeth or an ice pack against your neck under the mandible (jaw bone) on the same side as the bleeding.
- Keep your head elevated.