Instructions for Nosebleeds

• After treatment for nosebleed: Use 2 gentle sprays of nasal saline spray in each with a gentle inhalation 4 times each day for several weeks.

• Avoid picking or cleaning inside the nose, you may blow gently after, but avoid squeezing or cleaning inside the nose after blowing.

• Place a dab of Bacitracin ointment, using a Q-tip to paint only inside the front of each nostril 2 or 3 times each day for 3 weeks, DO NOT place ointment on the treated site.

• If nose bleeds heavily:
  1. Blow any large clots from nose
  2. Use 3 sprays of Afrin (found over-the-counter) in each nostril then immediately squeeze soft part of nose between thumb and finger and don’t let go for 10 minutes (breathe thru mouth)
  3. Use 2 sprays of Afrin in each nostril every 10 minutes for 3 more times, repeat entire step 1 & 2 only if the nose starts bleeding again.
  4. If heavy bleeding should persist call the Nurse Advice Unit (after hours) or go to the Emergency room.

• Nurse Advice Unit: (909) 862-1191