

Epistaxis (Nose bleed)

Discharge Information

Epistaxis is the medical name for a nosebleed. A nosebleed can happen for a number of reasons.

Now that the bleeding from your nose has settled we recommend that you follow these discharge instructions:

Activity

Rest quietly at home and avoid strenuous or vigorous sport or activity for a few days.

Avoid

- Contact sports for at least 1 to 2 weeks.
- Sneezing (or sneeze with your mouth open so that the force of the sneeze does not come through your nose).
- Blowing your nose or sniffing vigorously for at least 10 days.
- Constipation. If you are normally /easily become constipated please eat a high fibre diet and take stool softeners (laxatives). Straining to pass a bowel motion can increase the pressure within the nose and restart a nosebleed.
- Do not touch your nostrils or remove dry blood/clots as this may restart the nose bleed.

What should I do if I have another nosebleed?

Attempt to stop the nosebleed yourself by;

Sitting upright. Apply ice (or a packet of frozen peas or similar from the freezer wrapped in a tea towel) over your nose and forehead.

Apply gentle pressure by squeezing your nose just above your nostrils. Breathe through your mouth. Blood can drain down the back of your throat. Try not to swallow any blood. Gently cough blood into a paper tissue.

Wait 5 minutes before checking to see if the bleeding has stopped. If the bleeding does not stop or slow down within 5 minutes go immediately to your nearest accident and emergency department (A&E), after-hours medical centre or your own doctor for treatment.

If your nosebleed was due to you taking aspirin or disprin we advise that you do not take any aspirin or disprin on discharge as this may cause further bleeding. Please discuss future aspirin/dispirin medication with your own GP/ doctor on discharge.

If your nosebleed was due to you having a raised blood pressure, please make sure that you continue to take any regular prescribed blood pressure medications. Please see your own GP/ doctor for regular blood pressure monitoring.

If your nosebleed was due to you taking warfarin tablets, you will have been told about your warfarin medication on discharge. However please make an appointment to see your own GP/ doctor within 2 days of discharge from hospital, to monitor your future warfarin use.

Follow-up

Any follow up will normally be through your own family doctor (GP).

[continued]

If an outpatient appointment is required this will be sent out to you in the post.

Additional comments

Contact us

**Wellington Hospital Main Outpatient
Department, ENT Services**

Phone: (04) 385 59999 ext. 80400

Hours: Monday to Friday 8am – 4:30pm (excluding public holidays)

