



Southport and
Ormskirk Hospital
NHS Trust

PATIENT INFORMATION

Nose Bleed/Epistaxis

Accident & Emergency Department

Nose bleed/ Epistaxis

Nose bleeds are common and often resolved with simple measures.

The inside of your nose is full of tiny, delicate blood vessels that bleed relatively easily.

This can be caused by:

- Blowing your nose hard or picking
- A minor injury to the nose
- A blocked stuffy nose
- Sinusitis
- Hay fever or allergies
- Existing medical conditions

Stopping the bleeding

- Lean forward
- Pinch the soft part of the nose firmly for 10-15 minutes, without releasing the pressure, breathing through your mouth
- A cold compress on the top of the nose or sucking ice MAY help you

After the bleeding has stopped

Please avoid the following if you can for 24 hours;

- Blowing or picking the nose
- Heavy lifting
- Strenuous exercise

- Lying flat
- Drinking hot drinks or alcohol

Going Home

You may be given Naseptin -an antiseptic cream to put in your nose.

If you are allergic to peanuts or soya you should not use this cream-please tell you nurse or doctor.

You may be referred to E.N.T. – Ear Nose and Throat.

If your nose starts to bleed again - try stopping the bleeding.

If the bleeding continues after 15 minutes, seek medical advice. Noses that continue to bleed may need to be packed and transferred to Aintree Hospital. Packing is the placement of gauze into the nose.

Please seek further medical advice as needed.

If you have any concerns, please contact:

**Emergency Department Nurses Station - 01704704437
NHS111**

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ
Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN
Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:

southportandormskirk.nhs.uk/FFT

Thank you

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