

Nosebleeds – First Aid

Nosebleeds can be annoying, embarrassing, and even frightening. If you take anticoagulation medication, knowing what causes nosebleeds and how to care them can ease your mind and reduce healing time.

What causes nosebleeds?

Low humidity, injury to the nose, or uncontrolled high blood pressure are factors that increase the risk of a nosebleed. Excessive nose blowing and/or the use of anti-histamines can also increase your risk of your developing a nosebleed.¹

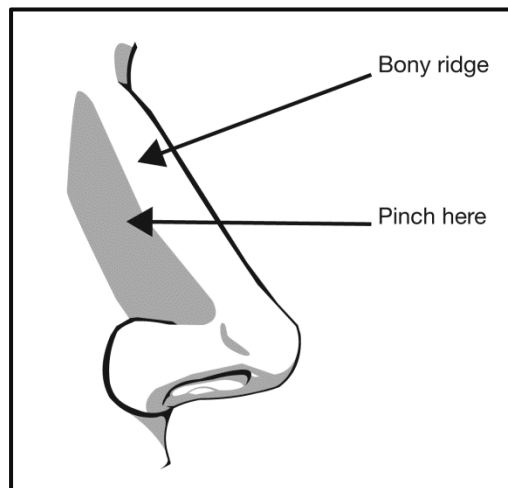
Two types of nosebleeds

There are two types of nosebleeds – anterior and posterior nosebleeds.¹ Anterior nosebleeds are most common, and occur when your small blood vessels rupture in the lower septum. The septum is the portion of your lower nose that separates the nostrils. Bleeding usually occurs in only one nostril.¹

How can you help prevent a nosebleed?

The use of over-the-counter saline nasal sprays can help you reduce the risk of nosebleeds by maintaining a moist environment in the septum, decreasing the risk of ruptured small blood capillaries.

Humidifiers can also be used to increase humidity in your home or apartment during fall and winter months, when nosebleeds are more common.¹



First Aid: Stopping Nosebleeds²

1. Remain calm
2. Sit or stand with your head facing forward
3. Gently pinch just below the bony ridge of your nose and apply steady pressure
4. Apply pressure for 5-10 minutes
5. If bleeding continues – apply pressure for 5 more minutes
6. If the nosebleed has not stopped after 15 minutes, apply an ice pack to the bridge of your nose or upper lip to reduce the blood flow to the area.

Nosebleeds lasting more than 30 minutes require medical attention.

You should report a nosebleed incident to your doctor or nurse to make sure your INR level is in your target zone.

For more information on improving your safety,
visit **www.PTINR.com** or call **1-877-262-4669**



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1. Wittkowsky, A. Prevention and treatment of nosebleeds. University of Washington Medical Center Anticoagulation Clinic. 2006.
2. National Institutes of Health. Nosebleed article. www.nlm.nih.gov/medlineplus/ency/article/003106.htm.