

Advice for patients discharged after a nose bleed or injury

Nose bleeds

It is very easy to make your nose bleed again. For the next 2 days you will need to be careful and **DO NOT**:

- ✗ Blow, rub or pick your nose.
- ✗ Drink hot drinks or alcohol.
- ✗ Go swimming.
- ✗ Take hot baths or showers.

What do I do if the bleeding starts again

- ✓ Stay calm.
- ✓ Lean forward over a bowl.
- ✓ Keep your mouth open to avoid swallowing blood coming from the back of your nose.
- ✓ Pinch your nose hard, just **below** the bone, using your thumb and index finger.
- ✓ Keep pressing for 20 minutes.
- ✓ Either suck an ice cube or place an icepack over the bridge of the nose and the forehead.

If the bleeding continues, press again for a further 15 minutes. If the bleeding still has not stopped, or you feel unwell, you should attend your nearest Emergency Department. If your nose has been cauterised, it is normal to see small black scabs coming from the nose after a day or two.

Nose injury

You have an injury to your nose which may be a fracture. We do not take x-rays to look for broken bones. You have been referred to the Ear Nose and Throat team at the BRI who will contact you to arrange follow up approximately 1-2 weeks after your injury. If you have not been contacted by 1 week following the date of your injury, please get in touch with the ENT secretaries on 01274 38 3175.

Nose injuries can be painful. Take regular pain relief and consider using an ice pack wrapped in a tea towel. Try not to pick or blow your nose.

If you have any problems, or for further advice please contact:

- Emergency Department on 01535 294481
- Your GP
- NHS 111 service

By telephoning, we can ensure you get appropriate advice and do not wait unnecessarily in the Emergency Department.

Notes:

Are you a victim of Domestic Violence? For confidential advice, contact:

Bradford	0808 2800 999	https://www.stayingput.uk.net/contact
North Yorkshire	03000 110 110	https://www.idas.org.uk/
Lancashire	0300 323 0085	https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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