



MAO FACIAL PLASTIC SURGERY

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Nosebleeds

Nosebleeds are often caused by injuring a blood vessel in the nose with Q-tips; fingertips, vigorous nose blowing or injury to the nose. Carefully follow the instructions below and your nose should heal quickly.

Instructions

1. Do not pick your nose or insert anything into it (handkerchief corners, Kleenex, etc.).
2. Do not blow your nose unless specifically told to do so by your provider.
3. When you sneeze, sneeze with your mouth open.
4. No bending, stooping, straining, heavy lifting, housework or yard work for one week. Doing these can increase the pressure on the bleeding area and start your nose bleeding.
5. Elevate your head on two or three pillows when lying down.
6. If constipated, take a laxative, avoid straining, it can cause a nosebleed.
7. Do not take aspirin, Advil, Aleve, Nuprin, Motrin, Naprosyn or ibuprofen, as these may cause your nose to bleed.
8. If you are taking "blood thinning" medications (Coumadin or aspirin) tell your provider. Do not stop taking them unless told to do so.
9. No smoking.
10. No hot foods or beverages for several days. The heat and steam causes blood vessels in your nose to "open up" and you may have another nosebleed.
11. No alcoholic beverages for one week after a nosebleed. They slow down healing and can *cause* the bleeding area to "open up" and begin bleeding again.
12. Use a cool mist humidifier, at night to keep the lining of your nose from drying out.

Treatment

Following a nosebleed, you should do the following:

1. Five to six times a day use two sprays of saline nasal spray in each nostril. Bending forward slightly from the waist may make this easier.
2. Using a fingertip, apply saline nasal gel to both nostrils three times a day.

Note: If there is any kind of packing in your nose, use the above in the unpacked nostril. Begin using it in the other nostril when the packing is removed.

If your nosebleed starts again:

1. Sit up with your head slightly forward and squeeze the lower half of your nose between your thumb and index finger. Keep up this pressure for 10 minutes.
2. Sometimes a piece of moist cotton placed high inside your upper lip and in front of your upper teeth will stop the bleeding.
3. If these remedies fail, cold water or ice compresses on the side of your nose may help. You may also place cotton inside the nostril for pressure.