

How do you stop a nosebleed?

1. Pinch all the soft parts of the nose together between your thumb and index finger.
2. Press firmly toward the face - compressing the pinched parts of the nose against the bones of the face.
3. Lean forward slightly with the head tilted forward. Leaning back or tilting the head back allows the blood to run back into your sinuses and throat and can cause gagging/vomiting or inhaling blood.
4. Hold the nose for at least five minutes. Repeat as necessary until the nose has stopped bleeding.
5. Sit quietly; keep the head higher than the level of the heart. Do not lay flat or put your head between your legs.
6. Apply ice (wrapped in a towel) to nose and cheeks.

How do you prevent the nose from bleeding again?

1. Rest with head elevated at 30 to 45 degrees.
2. Do not blow your nose or put anything into it. If you have to sneeze, open your mouth so that the air will escape out the mouth and not through the nose.
3. Do not strain or bend down to lift anything heavy.
4. Keep your head higher than the level of your heart.
5. No hot liquids for at least 24 hours.
6. Do not take any medications that will thin the blood ([ibuprofen](#))
7. Dab some Vaseline ointment inside the nose.
8. If re-bleeding occurs, clear the nose of clots by sniffing in forcefully. Use Afrin or Neo-Synephrine as directed for 1-2 days. These types of sprays constrict blood vessels.
9. Repeat the steps above on how to stop the common nose bleed. If bleeding persists, call the doctor and/or visit to the emergency room.