



University of North Carolina Wilmington  
Abrons Student Health Center

## INSTRUCTION SHEET: NOSEBLEED

The Student Health Provider has treated your nosebleed. Normally, a nosebleed is more of a nuisance than a serious problem. Rarely is enough blood lost to cause symptoms from low blood volume.

Ninety percent of nosebleeds occur in the lower part of the nose (near the nostril opening), in the septum (the cartilage that separates the nose into two sides). Common causes of nosebleeds include: drying of the nasal lining due to infection (colds) or dry air, picking the nose, a blow to the nose, or blowing the nose too hard. Many nosebleeds occur spontaneously, for no known reason.

Several measures can help prevent bleeding again or stop bleeding if it recurs.

### MEASURES YOU SHOULD TAKE TO HELP TREAT YOUR NOSEBLEED:

1. Rest at home. Avoid strenuous activity for the next two days. Drink lots of liquids — any non-alcoholic drink is fine.
2. Do not pick at your nose. Do not blow your nose forcefully. If you sneeze, do so with your mouth open, gently.
3. If the nasal lining is dry or raw, apply a small amount of petroleum jelly (Vaseline) or over-the-counter antibiotic ointment; apply the ointment gently with your finger. A humidifier or vaporizer can also help prevent drying of the nasal lining.
4. If the bleeding recurs, sit upright (keeping the nose above the heart). Apply firm pressure with one finger to the side of the nose that is bleeding. Press the soft nostril against the septum. Keep pressure on for 5 to 15 minutes. If the bleeding continues, you can spray a nasal decongestant (available over-the-counter) into the affected nostril, then reapply pressure for 10 to 15 minutes. If the bleeding continues, go to an emergency department or see your personal/ referral doctor *promptly*.