



First Aid

Nosebleeding

A nosebleed occurs when a small vein, along the lining of the nose, bursts. Most nosebleeds look scary, but are harmless. Nosebleeds are common among children and the elderly, and may be treated at home.

Causes

- Dryness
- Nose picking
- Blowing nose with force
- Use of medications, like aspirin
- Introducing objects into nose (mostly children)
- Injuries
- Allergies
- Infections
- High BP
- Atherosclerosis
- Blood-clotting disorders
- Use of cocaine

Types of Nosebleeds

- **Anterior Nosebleed**
 - Affects lower part of wall that separates nostrils; wall or septum contains blood vessels that can be broken by blow to nose/fingernail
 - Bleeding starts from front of nose; flows outward when person is sitting/standing
 - Occurs during dry season/very cold weather



- **Posterior Nosebleed**

- Bleeding starts deep within the nose; flows down the back of the mouth and throat
- Happens even when the person is sitting/standing
- Occurs in old people/those with high blood pressure/injuries
- Severe and requires medical help

Treatment

Follow these steps to treat nosebleeding:

- Stay calm. Most nosebleeds can be treated at home.
- Sit down and slightly lean forward.
- Keep the head above the chest (above the heart) to reduce the bleeding.



- Lean forward so the blood will drain out of your nose instead of down the back of your throat. Do not lean back, you may swallow the blood. This can irritate your stomach.
- Use your thumb and index finger to squeeze together the soft portion of your nose for at least 5 minutes. If it is still bleeding, hold it again for another 5-10 minutes.
- Once the bleeding stops, do not do anything that may make it start again, such as bending over or blowing your nose.

References

- FamilyDoctor.org. (2011). Nosebleeds. Retrieved from <http://familydoctor.org/familydoctor/en/diseases-conditions/nosebleeds.printerview.all.html>
- Med India Network for Health. (2013). Retrieved from http://www.medindia.net/patients/Firstaid_NoseBleed.htm

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