



David Campell MD

**WIKIUP GENERAL HOSPITAL**  
160 Wikiup Drive, Santa Rosa California  
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Discharge Instructions

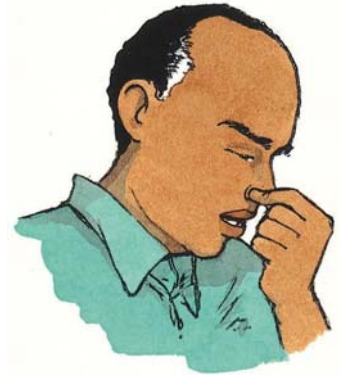
Thomas Bayless  
Patient ID 123456

## **NOSEBLEED**

Bleeding from the nose most commonly occurs due to injury or drying and cracking of the inner lining of the nose (especially during a "common cold" or "hay fever" attack). High blood pressure and hardening of the arteries also cause nosebleeds.

### **HOME CARE:**

- 1) If a packing was put in your nose, do not pull on it or try to remove it yourself, unless directed to do so by your doctor. You will be given an appointment to have it removed.
- 2) Do not blow your nose for 12 hours after the bleeding stops. This will allow a strong blood clot to form. Do not pick your nose. This may restart bleeding.
- 3) Avoid alcohol and hot liquids for the next two days. Alcohol or hot liquids in your mouth can dilate blood vessels in your nose and cause bleeding to start again.
- 4) Do not take ibuprofen (Advil, Motrin), naprosyn (Aleve) or aspirin-containing medicines since these thin the blood and may promote nose bleeding. You may take Tylenol (acetaminophen) for pain, unless another pain medicine was prescribed.
- 5) If the bleeding starts again, sit up and lean forward to prevent swallowing blood. Pinch your nose tightly for exactly five minutes (watch the clock). If bleeding is not controlled, continue to pinch and call your doctor or return to this facility.
- 6) If high blood pressure was a cause for your nosebleed, have your blood pressure checked again tomorrow.
- 7) If you have a "cold" or "hay fever" with dry nasal membranes, lubricate the nasal passages by applying a small amount of Vaseline inside the nose with a Q-tip twice a day (morning and night). Avoid overheating your home, which can dry the air you breath and worsen your condition.



**FOLLOW UP** with your doctor as advised for packing removal. Nasal packing should be rechecked or removed within 2-3 days.

**RETURN PROMPTLY** or contact your doctor if any of the following occur:

- Another nosebleed that you cannot control
- Dizziness, weakness or fainting
- Fever over 99.5° F (37.5°C)
- Headache
- Sinus or facial pain
- Shortness of breath or trouble breathing