NOSEBLEED

Bleeding from one or two nostrils

CAUSES ●

INJURY OR MINOR TRAUMA

Hitting the nose or picking or scratching inside the nostril may cause the nose to slightly bleed. This is not a serious condition and can be treated at home.

Symptoms:

- Bleeding nose after an injury or after picking and scratching

DO:

- Apply a cold compress – some ice cubes wrapped in a towel – directly on the affected area for 30 minutes to stop bleeding.
- To prevent bleeding from coming back, avoid strenuous activity for the whole day.

DON'T:

- Don't pick and scratch the inside of the nose.

DRY AIR

Extremely dry air can crack delicate nasal tissue and make it bleed. This usually happens in extremely hot and dry weather. However, the bleeding usually passes after a short time.

Symptoms:

- Bleeding in the nostrils

DO:

- During dry weather, apply a small amount of petroleum jelly to the inside of the nose to prevent it from cracking.

DON'T:

- Don't panic. Nosebleeds are a possiblity in dry weather. However, if bleeding is excessive or will not stop, seek medical help.

During dry weather, apply petroleum jelly to the nose area to prevent cracking and bleeding.

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COLDS OR ALLERGIES

Colds or allergies may induce the nose to bleed when the nasal mucous membranes are swollen. If bleeding becomes severe and persists even after trying out the measures listed below, it will be best to consult a physician.

Symptoms:

- Bleeding in the nostrils
- Cough or colds
- Other symptoms of allergies

DO:

- Sit down with the back straight but leaning forward slightly. Tilting the head back might induce blood to run down the throat so maintain this position while pinching the area just above the nose. Hold it for 10 minutes while breathing through the mouth.
- If bleeding does not stop, repeat the process. This should discontinue the bleeding shortly.
- If bleeding is severe and nose becomes painful, medical help may be necessary.

DON'T:

- Don't panic. Nosebleeds are a possiblity when you have a cold or an allergy. However, if bleeding is excessive or will not stop, seek medical help.

CERTAIN MEDICATIONS

A number of prescription and over-the-counter drugs may cause nosebleeds. Certain medicines thin the blood and prevent it from clotting. This condition is usually not serious, but seek medical help if bleeding is excessive or will not stop.

Nosebleeds may be caused by several factors.
If severe and frequent, seek medical help.

OTHER CAUSES

Nosebleeds may also be caused by a blood vessel problem in the nose, a deviated septum, exposure to certain chemicals or irritants, or lack of blood-clotting cells. When bleeding is severe and frequent, seek medical help to rule out leukemia or other blood disorders.

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