

If you require a translation please contact:

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اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

NOSE BLEED

Advice for Patients

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA

Telephone **01784 884488** Facsimile **01784 884017**

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone **01932 872000** Facsimile **01932 874757**

Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

First Aid Advice for Nose Bleeds

If your nose begins to bleed:

- Sit up straight and lean forward. This will assist drainage of blood down your nose and prevent it running back down your throat.
- Apply firm pressure to the nose by pinching the soft part just below the bridge of the nose.
- Keep pressure applied for at least 30 minutes.
- Try to avoid swallowing any of the blood or clots as this may make you sick and if you do retch or vomit your nose bleed will get worse.
- Do not blow your nose as this may dislodge clots making your nose bleed worse.
- Place ice packs on the back and sides of the neck to help slow the bleeding down.

You should attend your nearest Accident & Emergency Department if the bleeding has not stopped after 30 minutes, or earlier if you are taking Warfarin.

TREATMENT AND AFTER CARE

It may be necessary to pack your nose with a nasal tampon.

- The nasal packing will need to stay in for 24 hours. You will need to return to the hospital to have it removed.
- Do not pull the packing out yourself, even if you bleed through the pack.
- Try to avoid sneezing as this may dislodge the pack and/or restart the bleeding.

- Avoid hot drinks for 24 hours.
- Avoid any sudden, violent head movements.
- If the bleeding restarts try the first aid measures and return to hospital.

REMEMBER

- A heavy or prolonged nose bleed can sometimes be quite serious.
- Do not attempt to drive when you have a nose bleed. If you have no other means of getting to the hospital dial 999 for an ambulance.

FURTHER INFORMATION

Additional advice or information can be obtained by contacting Walk-in Centre at Ashford Hospital on **01784 884828** or **01932 722025** for Accident & Emergency, St. Peter's Hospital.

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