

How to Stop a Nosebleed

- ◇ Sit and pinch the soft part of your nose (right above your nostrils) for 10-15 minutes
- ◇ Lean forward so blood doesn't run back down your throat
- ◇ Apply ice to the back of your neck
- ◇ Avoid blowing your nose after the bleeding stops

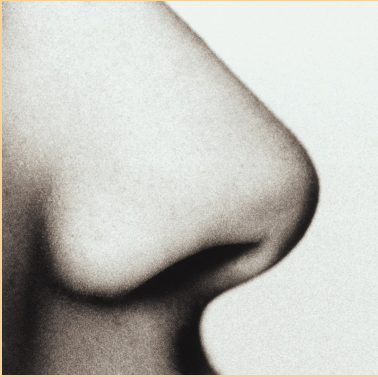
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Nosebleeds





What are Nosebleeds?

Nosebleeds can be from the front or the back of the nose. Bleeding from the front of the nose is the most common. Children between 2-10 years, older people, people with bleeding disorders and pregnant women are more likely to develop nosebleeds.

Causes

- Picking your nose
- Dry air
- Injury to nose
- Foreign bodies in nose
- Allergies/infection
- Bleeding disorders

Treatment

Nosebleeds can usually be managed at home but if it is necessary for you to see a doctor the following are some possible treatments:

- Cauterization
- Packing
- Surgery