



NOSEBLEEDS HOME CARE

1. Keep your head elevated.
 - a. Bend at the knees, not at the waist.
 - b. Do not stoop or bend to lift heavy objects.
 - c. Keep your head above your heart.
2. No nose blowing.
 - a. Avoid Kleenex in and around your nose
 - b. Keep your fingernails cut short.
3. Sneeze with your mouth open.
4. Nasal Saline spray.
 - a. Keep the inside of your nose moist. Use the saline every 2 hours. Be gentle
5. Afrin or other topical decongestant.
 - a. 2 sprays every 12 hours for 3 days. **THEN STOP.**
Sometimes this may not be prescribed – ask your doctor.
6. A & D ointment or KY Jelly in your nose at night.
 - a. Put a small amount on your fingertip and gently put on the nasal septum at bedtime.
The septum is the midline wall that separates the two sides of your nose.
7. Sometimes mucus thinners will be prescribed.
8. Room humidification during the Winter is a recommended.