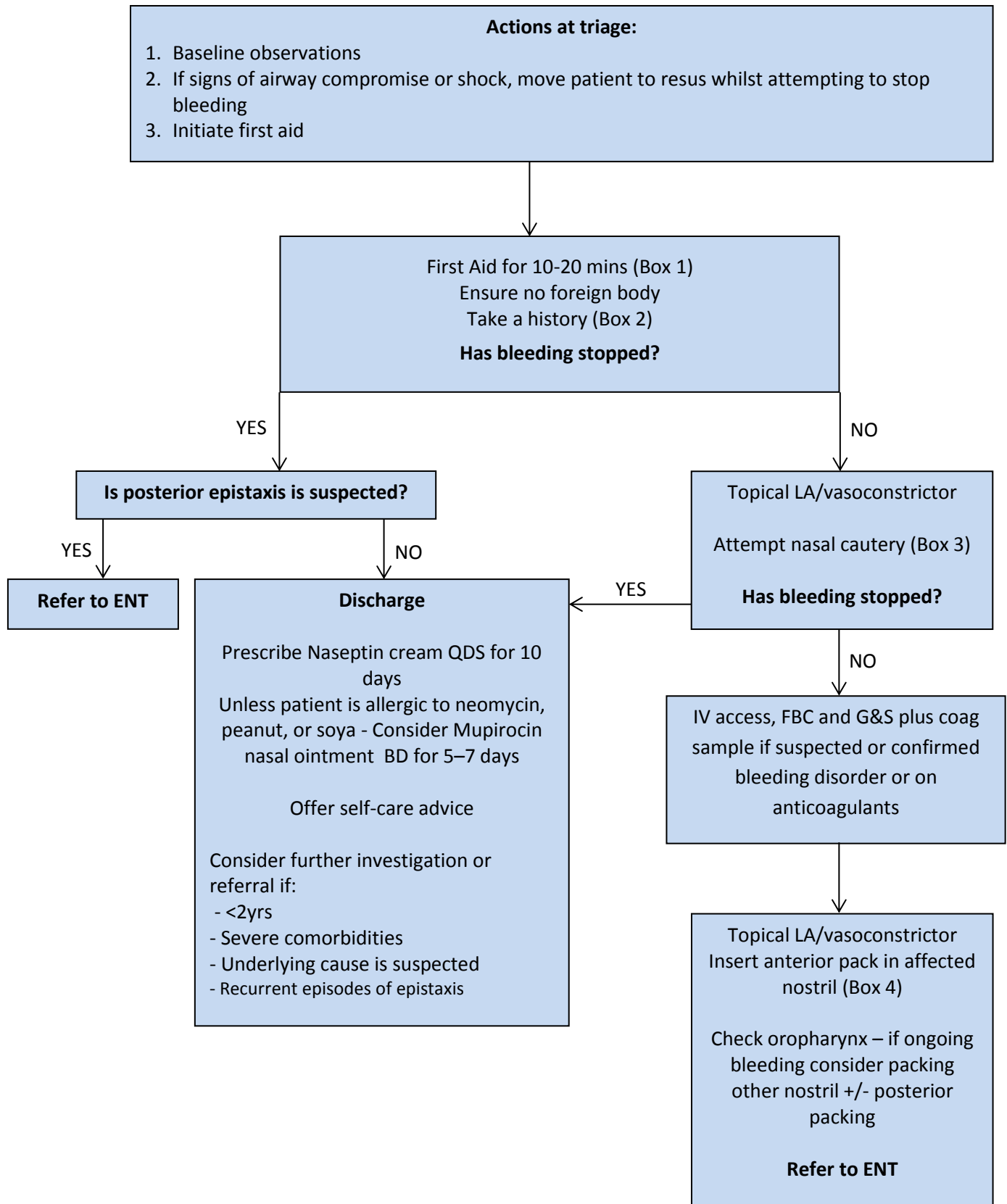


Epistaxis Guideline



Box 1: 1st Aid

Sit patient with upper body tilted forward and mouth open. Pinch the soft cartilaginous part of the nose firmly and hold for 10-20 minutes

Box 2: History

- Estimated blood loss/severity of bleeding
- Recurrent bleeding?
- History of trauma/surgery?
- Symptoms of hypovolaemia
- Symptoms of underlying causes of causes of epistaxis
- Past medical history
- Drug history (esp anticoagulants)
- 1st aid already received

Box 3: Cautery

- Clear clots by blowing nose
- Use topical LA spray with vasoconstrictor
- Wait 3-4 minutes
- Identify bleeding point and lightly apply silver nitrate stick for 3-10 seconds
- Only cauterise one side of nasal septum to avoid perforation
- Avoid touching areas which do not need treatment

Box 4: Nasal Packing

- Ensure topical LA with vasoconstrictor
- Wait 3-4 minutes
- Insert nasal pack (eg rapid rhino) as per manufacturers instructions

Self-Care Advice

Advise that for 24 hours after bleeding, where practical, avoid activities which may increase the risk of re-bleeding. These include:

Blowing or picking the nose.
Heavy lifting.
Strenuous exercise.
Lying flat.
Drinking alcohol or hot drinks.

If the nose has been cauterized avoid blowing nose for a few hours

If bleeding restarts and does not respond to first aid measures seek urgent medical advice.