

NOSEBLEED CARE ON BLOOD THINNERS



Prevention

Keeping your nose moist can help prevent nosebleeds, especially in the winter time. Here are some options:

1. During the day use over-the-counter **saline spray** to moisten your nose every 2-3 hours
2. At night, you can use a **cool mist humidifier** to keep your nose moist while sleeping
3. You can also apply **petroleum jelly** (Vaseline) twice a day to your nostrils
4. After a recent nosebleed, do not lift anything heavy or blow your nose for 2 days

Proper Care

If you get a nosebleed here are some ways to properly stop the bleeding.

Remember, **it is always important to stay calm:**

1. **Sit up and lean forward**, this is to keep the blood from dripping down the back of your throat. If there is **blood in your mouth, spit it out, do not swallow.**
2. If you have **over-the-counter decongestant spray**, such as Afrin, **spray it three times into the bleeding nostril**, this can help slow the bleeding.
3. **Pinch the soft part of your nose for 10 minutes**, keep track of time and **try not to check before the 10 minutes is over.** If the bleeding has not stopped, soak a cotton ball in decongestion spray and pinch it in your nose for another 10 minutes.

Seeking Treatment

When to see your provider:

1. If you take proper care of your nosebleeds, but still have 3-4 per week, or 6 in one month

When to go to the emergency room:

1. Abnormally heavy bleeding that is pouring out the front of your nose or down your throat
2. Bleeding that does not stop in 30 minutes
3. Bleeding with symptoms such as fast heart rate, chest pain, lightheadedness, and very high blood pressure

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For more questions or info, contact your practitioner.

Sources: <https://www.med.umich.edu/1libr/AntiCoag/NoseBleedsBloodThinners.pdf>

<https://www.med.umich.edu/1libr/OTO/NosebleedEducationForPatientsOnAnticoagulation.pdf>

