

1 ■ Apply firm pressure, elevation and rest

- The patient needs to hold the head well forward and breathe through the mouth while pinching the entire soft part of the nose for 10 to 20 minutes.
- The patient must be sitting down and at total rest until the bleeding stops.



If bleeding continues after 20 minutes of pressure, continue the pressure and call for an ambulance.

A cold compress can be used.

2. Once the bleeding has stopped

- Tell the patient not to blow their nose for a few hours because this may restart the bleeding.