A guide to treating a nose bleed

A very popular myth about nose bleed exists, the myth states that during a nose bleed one must pinch the soft part of the nose and tilt one's head upwards but this is not the correct way of treating a nosebleed.

Nose bleeds are caused when the blood vessels in the nose puncture which causes bleeding.

A person should firmly pinch the soft part of the nose and tilt the head downwards while breathing through the mouth because when the person's head is tilted upwards then the blood can flow back into the airways and it can cause choking.

The nose is pinched on the soft part because this applies pressure on the region where the blood vessel was torn and this essentially slows down the bleeding.

Things not supposed to do during a nose bleed:

A person must not lie down on the back which could cause choking as the blood could go back into the airway.

A person should not blow the nose as this could irritate and worsen the situation.