Nosebleeds Treatment

1. Stop the Bleeding

- Have the person sit up straight and lean forward slightly. Don't have the person lie down or tilt the head backward.

- With thumb and index finger, firmly pinch the nose just below the bone up against the face.

- Apply pressure for 5 minutes. Time yourself with a clock.

- If bleeding continues after 5 minutes, repeat the process.

2. Call a Health Care Provider

See a health care provider immediately if:

- Nosebleed doesn't stop after 10 minutes of home treatment.

- There is so much bleeding that it is hard to breathe.

- The person is taking blood thinners, such as warfarin (Coumadin), dabigatran (Pradaxa), rivaroxaban (Xarelto), fondaparinux sodium (Arixtra), or aspirin, or has a bleeding disorder.

- Nosebleed happens after a severe head injury or a blow to the face.

3. Medical Treatment

- The health care provider may use specialized cotton material, insert a balloon in the nose, or use a special electrical tool to cauterize the blood vessels.

4. Follow Up

- Broken noses often are not fixed immediately. The health care provider will refer the person to a specialist for a consultation once the swelling goes down.

- The person should avoid strenuous activity; bending over; and blowing, rubbing, or picking the nose until it heals.

- The nostrils should be kept moist with a water-based lubricant or by increasing the humidity in the home.