



Urgent care

Nosebleed advice

Epistaxis (nosebleed)

You should take the following precautions for at least two to three days after a nosebleed, or until after all the bloodstained discharge has stopped.

- Avoid very hot or cold drinks.
- Avoid hot baths or showers.
- Do not blow your nose - sniff gently instead.
- Do not pick your nose . A small scab will form and it should not be disturbed.
- If you need to sneeze, do so with your mouth open.
- Avoid any strenuous activity.
- Avoid smoking, smoky atmospheres and drinking alcohol.

If your nose starts bleeding again:

- Lean forwards over a bowl. Allow the blood to drip out of the nose rather than swallowing it.
- Pinch the soft fleshy part of your nose firmly for the next 10 minutes.
- Put some ice wrapped in a cloth over the bridge of your nose for the next 10 minutes.

If your nose continues to bleed briskly or you are concerned about the severity of the bleeding then you should attend your local A&E department at the John Radcliffe Hospital, Oxford, or the Royal Berkshire Hospital, Reading.

Individual management plan:

.....

.....

.....

.....

.....

.....

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

For further advice please contact:

Abingdon Minor Injury Unit	01865 903 476
Henley Minor Injury Unit	01865 903 755
Witney Minor Injury Unit	01865 903 841
Wallingford First Aid Unit	01865 903 471
Bicester First Aid Unit	01865 903 976

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফর্ম্মেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

নেত্র ভ্রাতৃত্ব টিচ সান্তবাবী বিসী ভূমী ভ্রাসা না সলল হিঁচ চাতীচী হেঁচে তাং বিলখা অব বে সাত্তু পুহঁ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہم سے پوچھیں۔۔۔

Oxford Health NHS Foundation Trust

Trust Headquarters

Warneford Hospital

Warneford Lane

Oxford OX3 7JX

Switchboard 01865 901 000

Email enquiries@oxfordhealth.nhs.uk

Website www.oxfordhealth.nhs.uk

Urgent care is part of our Older People Directorate.

OP 155.15

4 Oxford Health NHS Foundation Trust | www.oxfordhealth.nhs.uk