

TE★AS
EAR, NOSE & THROAT
SPECIALISTS, L.L.P.

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Nosebleed Precautions

To keep your nasal lining moist and to help prevent nosebleeds, do the following:

1. Irrigate your nose with nasal saline sprays (purchased at the drugstore without a prescription, common brand names are NaSal , Ocean and Ayr). Two puffs in each nostril at least five or six times each day. You cannot hurt yourself with this, and if you want to do it more often, feel free to do it.

Alternatively, you can make your own saline at home by mixing together:

1 cup warm tap water

1/4 teaspoons salt (use kosher salt, sea salt or any salt with no additives)

if this burns, it can be changed in:

1 cup warm tap water

1/8 teaspoon salt (same salt as above)

1/8 teaspoon baking soda

2. If you get a nosebleed, grasp the soft part of your nose on either side with your thumb and index finger and hold pressure for 5 to 10 minutes.

3. If the nosebleed continues, put some Afrin nasal spray on a small cotton ball and place it inside your nose for a few minutes. Afrin makes the blood vessels clamp down and is good for stopping nosebleeds. However, you should not use the Afrin more than three times each day and not more than three days in a row.