

TIP: EPISTAXIS

Nosebleeds can be scary for patients... Fortunately they are usually not serious and with the right care most will stop on their own.

TIP: How to manage an active nosebleed:

1. Assess ABCs. If unstable seek immediate emergency care and urgent ENT consult.
2. If stable, attempt conservative measures:
 - a. Have patient clear clots by gently blowing nose
 - b. Have them lean forward
 - c. Next, they should pinch the cartilaginous portion of their nose for 20 mins x 2
 - d. If ongoing bleeding after 2nd attempt perform rhinoscopy to identify the source (90% are anterior -- little's area)
 - e. Anterior bleed likely? Consider cautery or nasal packing
 - f. Posterior bleed likely? Send to ED for urgent ENT consult.

TRICK: The pressure applied when pinching the cartilaginous portion of nose should be hard enough to blanch the patient's fingernails. Ensure patient does not release pressure as this disrupts the clot and prevents hemostasis.