

Nose Bleeds

Nose bleeds generally occur in patients with poorly controlled hypertension (high blood pressure) and in children who scratch their nasal septum. Therefore, the most effective course of treatment is to control hypertension and to stop the child from scratching his/her nasal septum.

Generally, the epistaxis (nose bleed) is treated with nasal packing and/or cauterization. If you experience frequent nosebleeds, make an appointment. You may need a blood vessel cauterized. Cautery is a technique in which the blood vessel is burned with electric current, silver nitrate or a laser. Sometimes, Dr. Sewell may pack your nose with special packing to control the bleed.

What to do if you have a nose bleed:

- Do not pick or blow your nose and do not bend down until several hours after the bleeding episode. Keep your head higher than the level of your heart.

If the bleeding lasts for more than 20 minutes, you need to seek medical attention right away. If your nosebleed is followed by an accident, a fall or an injury to your head, including a punch in the face that may have broken your nose, please do not wait to get it checked.