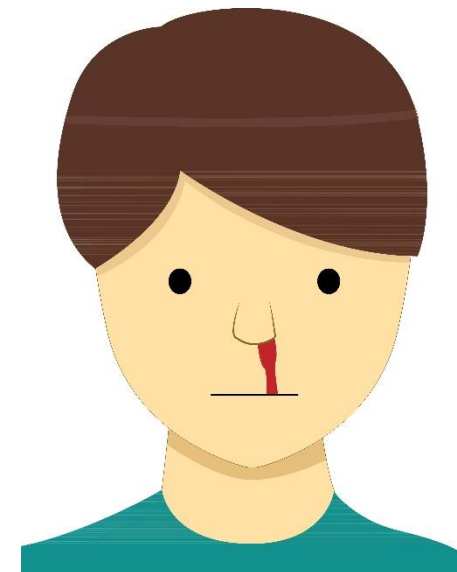


ENG

Nosebleed

Holbæk Sygehus, Akutafdelingen



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Skadetelefonen: 1818

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REGION SJÆLLAND
HOLBÆK SYGEHUS
- vi er til for dig

Cause of nosebleeds could be

- Crusts in the nose (nose picking)
- Broken blood vessels after e.g. a cold or the flu
- High blood pressure

Be extremely careful of the following

- avoid physical exercise - this may cause the bleeding to resume
- avoid hot drinks and alcohol - this may increase the risk of renewed bleeding
- when you go to sleep, you should lie with your head elevated to decrease the pressure on the blood vessels in the nose
- avoid blowing your nose too vigorously or too often. Possible crusts in the nose should be left as long as possible

Treatment if new bleeding occurs

If the bleeding resumes, despite your precautions, you should do as follows:

- Sit down and lean forward slightly, so the blood will drain out of your nose instead of down the back of your throat
- Use your thumb and index finger to squeeze lightly on each side

of your nose for at least 5 minutes

- Put an ice cube in your mouth – this will make the blood vessels contract
- If you get blood in your mouth, you should spit it out. If you swallow the blood, you could get nauseous, and maybe throw-up

If the above does not stop the bleeding, you should seek medical assistance.

If a nose-tampon has been applied

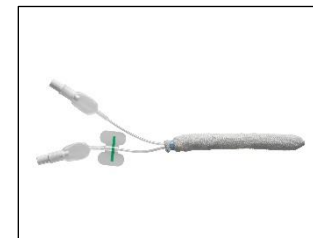
It is important that you leave the nose tampon in the nose. Removal of the nose tampon must be done by a private ear/nose/throat specialist or at your doctor's in _____ days (you have to make an appointment) or at Sjællands Universitetshospital, Køge at Øre-, Næse- og Halskirurgisk Ambulatorium in _____ days, tel. 47 32 38 00, Monday-Thursday 9am to 3pm. Friday 9am to 2pm. Weekends and bank holidays at Akutafdelingen (A&E).

Questions

You are quite welcome to contact Skadetelefonen on tel. 1818 or your doctor, if you are in doubt of any aspect of the treatment.



Single-balloon



Double balloon

