



FALL/WINTER NEWSLETTER

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NOSEBLEED (EPISTAXIS) SOLUTIONS

Do you or someone you know suffer from nosebleeds in the fall/winter seasons?

Nosebleeds, also known by its medical term epistaxis, is a very common affliction. Did you know that each year in the United States, approximately 60 million people will experience a nosebleed? Nosebleeds are the #1 ENT issue seen in the emergency room for treatment and can have a wide variety of causes. Traumatic causes like falling or getting hit in the nose can result in a nosebleed. Other, nontraumatic, causes of nosebleeds include things like picking your nose, breathing dry air, and changes in altitude. In addition, certain medical conditions (such as high blood pressure) and the use of certain medications (such as blood thinners) can make a person more susceptible to nosebleeds. Overuse of nasal decongestant nose sprays (such as Afrin, Neo Synephrine, Mucinex Sinus Max, Vicks Sinex Severe) also significantly increase the risk of nosebleeds, and can lead to rebound congestion. Furthermore, oxygen via cannulation can significantly dry out the nasal mucosa and thus, patients that use supplemental oxygen are at a higher risk of developing nosebleeds. Nosebleeds are also more common in patients that use a CPAP/BiPAP that is not humidified. It is common to see a spike in nosebleeds when we are in winter due to the cold air outside and the drying indoor heaters, especially here in Colorado.

Nosebleeds affect people of all age groups. Luckily, most nosebleeds are minor and can be treated easily at home. However, some nosebleeds require medical intervention via Chemical or Surgical Cauterization. If you or someone you know suffers from persistent nosebleeds despite treatment, it is best to be evaluated by your ENT to discuss intervention.

Treatment recommendations

Proper nasal hygiene is the first step in managing your nosebleeds. Nasal hygiene is the practice of keeping your nasal passages clear and moisturized to enhance the functions of the nose. This reduces dryness and can reduce the frequency/severity of nosebleeds. A good nasal hygiene routine includes: daily saline sinus rinses, the use of saline nasal spray and/or saline nasal gel as needed for dryness, the use of a bedside humidifier and/or an air purifier when sleeping.

For your saline sprays or gels, we recommend using isotonic saline. It is more gentle compared to a hypertonic or 'Extra Strength' saline solution. These saline sprays and gels can be bought at your local

pharmacy and online at sites like Amazon. If you use supplemental oxygen, request your provider prescribe heated humidified oxygen as this significantly reduces the risk of nosebleeds. If you use a CPAP/BiPAP, we recommend getting a device with a water tank to humidify the air you breathe while wearing it.

For help stopping an active nosebleed, follow the steps below:

1. Keep your head elevated. Lean forward and stay upright (avoid laying down). Pinching your nose with your fingers or a nasal clip may help to stop the bleeding.
2. Use saline spray to clear out any clots.
3. Soak a cotton ball in an over the counter decongestant spray (Afrin or Neo Synephrine) and place the cotton ball in the nostril that is bleeding. Then place a nose clip over the nostrils, or pinch with your fingers, for 15 minutes without interruption. After 15 minutes remove the clip and cotton ball. If the nosebleed persists, you can repeat this step if necessary.
4. Avoid blowing your nose, bending forward, lifting heavy items, or physically exerting yourself while you are having an active nosebleed. If you need to sneeze, do so with your mouth open.

IF YOUR NOSEBLEED LASTS LONGER THAN 30 MINUTES, IS SEVERE, AND/OR HAS NOT STOPPED DESPITE INTERVENTION, PLEASE GO TO THE NEAREST EMERGENCY ROOM FOR TREATMENT

Still suffering after treatment?

If you are suffering from nosebleeds after using our treatment recommendations, please make an appointment with us so we can expand your treatment options. You can call our office at 303-795-5587 to schedule at your convenience.

References:

<https://www.ncbi.nlm.nih.gov/books/NBK435997/>

<https://www.entnet.org/quality-practice/quality-products/clinical-practice-guidelines/nosebleed-epistaxis/>

<https://www.redcross.org/take-a-class/resources/learn-first-aid/nosebleeds>

<https://www.yalemedicine.org/conditions/epistaxis#:~:text=Each%20year%2C%20up%20to%2060,people%20will%20need%20medical%20attention.>

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