

- ⇒ If your condition does not improve or gets worse, please contact the surgery during opening hours on 01948 860205.
- ⇒ If you require information or advice which is non-urgent, you can telephone NHS Direct, a 24 hour advice line, on 0845 46 47.
- ⇒ **OUT-OF-HOURS COVER:** Medical advice is always available for emergencies at night, weekends and all bank holidays. If you require advice urgently, please call 01948 860205. The recorded message will give you the number to call for the GP Out of Hours Service.
- ⇒ **EMERGENCIES:** In the event of a serious problem, such as chest pain or collapse, call 999 immediately.

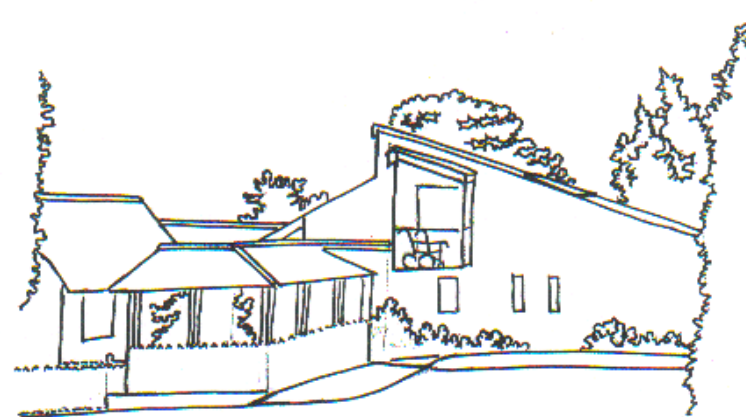


Laurel Bank Surgery
Malpas
Cheshire SY14 8PS



Phone: 01948 860205
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**AFTER-CARE ADVICE ON
NOSE BLEEDS (EPISTAXIS)**
LAUREL BANK SURGERY
MALPAS, CHESHIRE SY14 8PS



Tel: 01948 860205

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Nose Bleed (Epistaxis)

Following recovery, please follow these few guidelines:

- Relax and rest at home for the next 24 hours
- Don't sniff or blow your nose as this will dislodge the clot
- Avoid hot drinks for the next few hours as it will open up the small blood vessels and may cause further bleeding
- Do not place anything (e.g. tissue) up your nostrils
- Keep any follow-up appointments with the hospital or GP.

Recurring Nosebleeds can become distressing. In this situation you may be referred to an ENT unit. It is often possible to cauterise the bleeding point. This is a minor procedure which usually stops the recurrent bleeds.



Nose Bleed (Epistaxis)

If bleeding restarts:

- Sit up with head forward
- Apply uninterrupted pressure for a minimum of 10 minutes on the cartilage immediately below the nasal bone
- Apply ice to bridge of nose
- Avoid swallowing blood as it will make you vomit
- If bleeding heavily, seek medical advice after 15 minutes
- If bleeding lightly, seek medical advice after 1/2 hour.

