



Produced by  
Developmental Neurosciences and  
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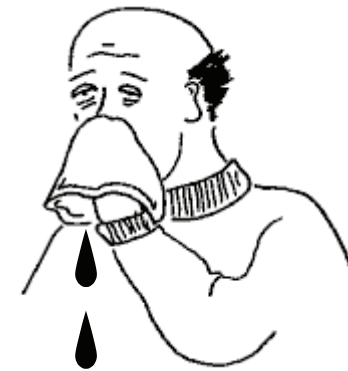


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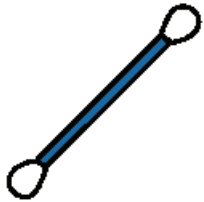
## Nose Bleed (Epistaxis)



If you have a nosebleed sit up  
straight and pinch your nostrils  
together for 10 minutes. Then  
check to see if your nose has  
stopped bleeding

# What to do if you have a nose bleed

## What the doctor will do?

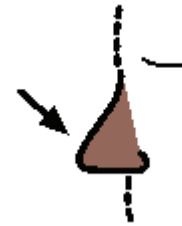


**Nasal Cautery**  
A "Silver nitrate stick" is put your nose to stop it bleeding

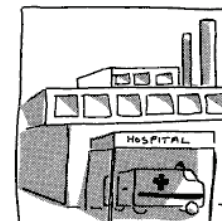
OR



**"Nasal Packing"**  
Sometimes your nose takes a long time to stop bleeding, if this happens The doctor will put a special ribbon plaster up into your nose



Su M T W  
Th F S



Do not touch for leave for 24-72 hours

It can take up to 7 days for your nose to get better.

The doctor may give you some cream to stop your nose getting sore

If bleeding starts again, visit your G.P or the nearest hospital