12 Nose Bleed Tips

Nosebleeds are no fun! Learn what causes them and how to stop nosebleeds correctly.

1. Sit up straight and tilt head forward, NOT backward.
2. Pinch soft part of your nose closed for 10 minutes.
3. Breathe through the mouth.
4. Apply ice to nose.
5. Check for bleeding after 10 minutes.
6. Apply a saline-based nasal gel inside nostrils.
7. Avoid blowing your nose for 48 hours, then blow gently.
8. Keep your mouth open to sneeze.
9. Avoid rubbing or picking your nose.
10. Elevate your head for sleep.
11. Avoid lifting, bending and straining your body.
12. Avoid medications containing aspirin and ibuprofen.

If bleeding continues, notify your doctor or visit the nearest urgent or emergency medical facility.

Common Causes

- Dry Air
- Nose Picking
- Allergies
- Infection
- Rhinitis
- Blood Thinners
- Trauma
- Foreign object
- High blood pressure
- Long-term use of nasal decongestant sprays
- Using oxygen via a nasal cannula

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