**WHAT TO DO ABOUT NOSEBLEEDS**

Nosebleeds are common and are not usually anything to worry about, although those that don’t easily stop will need to be treated. They happen when the delicate tissue inside someone’s nose is damaged, often by picking or blowing the nose too hard, or by dryness in the nose. They can mostly be treated at home with these simple actions:

* Sit down and lean forward with your head tilted forward
* Pinch your nose just above the nostrils for 10-15 minutes
* Breathe through your mouth.

The NHS website has a short video showing how to treat a nosebleed.

After the bleeding stops it’s important not to:

* blow or pick your nose
* have a hot drink or drink alcohol
* do any strenuous lifting or heavy exercise
* pick off any scabs that form in the nose.

Some nosebleeds come from deeper inside the nose and could need medical attention, as they may be caused by a medical condition or an injury. So you will need to go to A&E if;

* the bleeding lasts longer than 10 to 15 minutes or seems excessive
* you’re swallowing a large amount of blood that makes you vomit
* the bleeding started after a blow to the head
* you’re feeling weak or dizzy
* you’re having difficulty breathing.

It would also be wise to see a GP if:

* a child under 2 years old has a nosebleed
* you have regular nosebleeds
* as well as nosebleeds you have palpitations, shortness of breath and pale skin
* you’re taking a blood-thinning medicine such as warfarin
* you have a condition that means your blood cannot clot properly, such as haemophilia.

*Sent by Drs Virmani and Bedi’s patient participation group*