
When to call hemophilia treatment center

- Nosebleed which lasts longer than 10 minutes .
- Nosebleed related to head injury/ trauma
- More than 3 nosebleeds in one day
- Signs or symptoms of anemia: pallor, decreased energy, pale mucous membranes, increased heart rate

Management of Nosebleeds



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Why do nosebleeds happen?

The most common cause of nosebleeds is injury, but this does not necessarily mean a punch in the nose. Forceful sneezing or blowing, rubbing, or picking a dry, itching or “stuffy” nose can cause bleeding. The membranes of the nose may become dry and crusty when the humidity in the house is low in winter, particularly at night and when nasal congestion leads to mouth breathing. Colds and allergies cause swelling and drying of the membranes, making them more susceptible to bleed from slight injuries.

Are nosebleeds serious?

Bleeding from the nose can be a common site of blood loss, especially in people with a bleeding disorder. Recurrent or prolonged nosebleeds can be the reason a person is referred to a hematologist for evaluation. Nosebleeds can be a minor inconvenience or can be a major event which requires medical attention in the emergency room or hospital.

What are some ways to prevent nosebleeds?

- Keep nasal membranes moist. Humidifiers and vaporizers can help and place small amount of Vaseline or nasal saline in nostrils at bedtime.
- Avoid smoke exposure
- Avoid nose picking or forceful blowing
- Avoid any known allergens
- Keep fingernails short to avoid accidentally scratching inside of nose

Nosebleed management

- **Blow your nose gently to remove mucus and clots** which will interfere with hemostasis. (The soft, stringy, jelly-like clots are not effective in stopping the bleeding. They allow blood to continue to ooze and interfere with the formation of a solid, effective clot.)
- **Tilt your head forward.** You want the blood to come out so you can tell when the bleeding has stopped and so you don't get clots in the back of your throat.



- Using a Kleenex or washcloth –**apply firm pressure to both sides of the nose.** Keep the pressure firm and constant for a minimum of 5 minutes.
- Release the pressure to see if the bleeding has stopped. **Blow out any soft clots gently. If the bleeding continues, reapply the pressure for another 5 minutes.** Continue these steps until the bleeding stops.
- **If the bleeding has not stopped, additional treatment may be indicated.**

Treatment options

Over the counter options:

- **NasalCease™**--A nasal pack inserted into the nose for 30 minutes. To order online: <http://www.nasalcease.com>.
- **WoundSeal®**--Topical powder to stop bleeding. Put powder on applicator and apply to bleeding mucous membrane of nostril.

Prescription treatment options:

- Aminocaproic Acid/Amicar
- DDAVP/Stimate
- Factor replacement product as directed by hemophilia treatment center (HTC).

When bleeding has stopped, gently apply a small amount of saline gel, saline nasal spray, or Vaseline into the nostril. This will help to keep the membranes soft and moist, and prevent the formation of hard crusts which might crack and restart the bleeding.

