



Nosebleed Instructions

1. Pinch fleshy part of nose putting pressure on to the nose and lean slightly forward so the blood does not go down your throat. Make sure your head is up don't put head back.
2. If that does not stop it place ice to the nose and onto the back of your neck.
3. If you are still bleeding saturate a cotton ball with Afrin/Oxymetrazoline nasal spray. Place cotton ball of nostril that is bleeding and continue to apply pressure. Leave in for two hours and call your doctor.

After the Bleeding Stops:

- No bleeding over
 - No lifting
- Rest with your head elevated
 - Call your doctor