



Care of Nose Bleeds

Patient and Family Education

This teaching sheet contains general information. If you have any additional questions, please speak with the office nurse at (813) 262-1330.

1. Avoid rubbing or excessive nose blowing.
2. Keep nails trimmed short, especially for young children.
3. Apply nasal saline 2 squirts each nostril 2 times daily for 2 weeks.
4. With a Q-Tip, apply a pea-size amount of antibiotic ointment to the inside of each nostril twice daily for 2 weeks (such as Neosporin or Bacitracin).
5. Consider adding Zyrtec (cetirizine) or Claritin (loratadine).
6. If nasal bleeding should occur: spray 2 squirts of Afrin nasal spray into each nostril, lean forward and pinch the end of the nose for 10 minutes. If bleeding still continues after 30 minutes, please seek medical attention.