



الشراكة الطلابية

مشروع التثقيف الصحي Health Education Project

Epistaxis



What is The 1st Aid Management?

- * Remain calm.
- * Sit up straight.
- * Lean your head forward. Tilting your head back will only cause you to swallow the blood.
- * Pinch the nostrils together with your thumb and index finger for 10 minutes on the soft part of the nose.

What to do after The Bleeding has Stopped?

- * Once the bleeding has stopped, try to prevent any further irritation to the nose, such as sneezing, nose blowing, or straining for 24 hours.
- * Exposure to dry air, such as in a heated home in the winter, can contribute to the problem. Adding moisture to the air with a humidifier or vaporizer will help keep the nose from drying out and triggering more bleeding.

When to Seek a Medical Advice?

- * Traumatic causes.
- * Presence of chronic disease such as hypertension or bleeding disorder.
- * Recurrent severe bleeding.
- * Bleeding from other places such as stools and urine.
- * Epistaxis lasting more than 15 minutes despite 1st aid management.
- * Feeling dizzy or palpitations.

What are The Causes?

Epistaxis is common in children between 3-10 years old. 90% of epistaxis cases are of unknown cause and only 10% can be either of local causes or systemic causes.

Local Causes

Most common factors

- * Blunt trauma (usually a sharp blow to the face, sometimes accompanying a nasal fracture).
- * Foreign bodies (such as fingers during nose-picking).
- * Inflammatory reaction (e.g. acute respiratory tract infections, chronic sinusitis, allergic rhinitis or environmental irritants).

Other possible factors

- * Anatomical deformities (e.g. septal spurs or Hereditary hemorrhagic telangiectasia).
- * Insufflated drugs (particularly cocaine).
- * Intranasal tumors (e.g. Nasopharyngeal carcinoma or nasopharyngeal angiofibroma).
- * Low relative humidity of inhaled air (particularly during cold winter seasons).
- * Nasal prolonged O₂ (tending to dry the olfactory mucosa).

Systemic factors

- * Systemic bleeding disorders.
- * Drugs that may induce bleeding; aspirin.
- * Hypertention.
- * Vitamin C & vitamin K deficiency.

What Medical Treatment can Offered?

1. If the source of the bleeding is from a blood vessel that is easily seen, a doctor may cauterize it (seal the blood vessel) with a chemical called silver nitrate after applying a local topical anesthesia inside the nose. Chemical cauterization is most effective when the visible bleeding originates from the very front part of the nose.
2. In more complicated cases, a nasal packing may be required to stop the bleeding. Nasal packings apply direct pressure inside the nostril to promote clotting and stop the bleeding. Many different types of nasal packings are available, including petroleum (Vaseline) gauze, balloon nasal packs, synthetic sponge packs that expand when moistened. The decision as to which one to use is made by the doctor.
3. Antibiotic should be taken if nasal packing done.



For more info please visit : www.hep-ksu.info or contact : 014786100 ext 1422

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