**INSTRUCTIONS FOR A NOSE BLEED**

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Most nosebleeds can be treated at home. Contrary to popular opinion, the clot should be removed as it tends to use up clotting factors in locations other than the site of the bleeding vessel. Blow the nose forcefully and remove clots. A bulb irrigator with salt solution can be useful in washing out the nose. After the clot is removed, it is then important to spray a vasoconstrictive solution such as Afrin, Neo-Synephrine, 4-Way, etc., copiously into each nostril. Then pinch the nose and place ice over the forehead and nasal area. Rest with the head up for approximately fifteen minutes. If, after fifteen minutes the nose bleed has not stopped, please call the office for further instructions.