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To use the Text Relay service, prefix all numbers with 18802.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने उदाहृत उदाहरणों में लैंग्वेज वै आं विरुधा करके इस नंघर उे डेन करे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Nose Bleed

Advice for Patients

First Aid Advice for Nose Bleed

If your nose begins to bleed:

- Sit up straight and lean forward. This will assist drainage of blood down your nose and prevent it running back down your throat.
- Apply firm pressure to the nose by pinching the soft part just below the bridge of the nose.
- Keep pressure applied for at least 30 minutes.
- Try to avoid swallowing any of the blood or clots as this may make you sick and if you do retch or vomit your nose bleed will get worse.
- Do not blow your nose as this may dislodge clots making your nose bleed worse.
- Place ice packs on the back and sides of the neck to help slow the bleeding down.

You should attend your nearest Accident & Emergency Department if the bleeding has not stopped after 30 minutes, or earlier if you are taking Warfarin.

TREATMENT AND AFTER CARE

It may be necessary to pack your nose with a nasal tampon.

- The nasal packing will need to stay in for 24 hours. You will need to return to the hospital to have it removed.
- Do not pull the packing out yourself, even if you bleed through the pack.
- Try to avoid sneezing as this may dislodge the pack and/or restart the bleeding.

- Avoid hot drinks for 24 hours.
- Avoid any sudden, violent head movements.
- If the bleeding restarts try the first aid measures and return to hospital.

REMEMBER

- A heavy or prolonged nose bleed can sometimes be quite serious.

- Do not attempt to drive when you have a nose bleed. If you have no other means of getting to the hospital dial 999 for an ambulance.

Should you require further advice or assistance please telephone **01932 722025** for Accident & Emergency at St. Peter's Hospital.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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