



Mr Glenn Watson

M.B., B.S., B.Sc. (Hons), F.R.A.C.S.
Ear, Nose and Throat – Head and Neck Surgeon

NOSE BLEEDS

A guide for Mr Watson's patients

Nose bleeds can be severe and they generally occur in the young and the elderly. Nose bleeds are divided into the anterior and posterior nasal bleeds. The anterior bleeds are from blood vessels just on the inside of the septum (midline wall) of the nose. This area is called the 'Littles' area. These are generally easily controlled by pinching the nose and leaning forward for about 10 minutes. This will generally stop in most patients assuming they are not on any anti-coagulation therapy such as Aspirin. These bleeds are also controlled by cauterisation. This is the most common site of bleeding in children. Children less than the age of 5 often require this to be done under a day case general anaesthetic (patient asleep), whereas all other age groups can have the vessels cauterised in Mr Watson's rooms. This causes very little discomfort.

The other bleeding sites occur in the older patients, especially patients on anti-coagulation therapy such as Aspirin or Warfarin or non-steroidal medication. People who pick their nose can also cause it to bleed. This may be associated with a septal perforation (hole in septum), as continual nose picking causes a hole. Posterior bleeds are due to the ruptured vessel in the very back of the nose. This is usually due to high blood pressure and anti-coagulation treatments. Posterior nasal bleeds usually require treatment in the Emergency Department of a hospital and the patient may require admission for blood pressure control and bleeding control.

How to Stop a Blood Nose from Bleeding

Don't put your head backwards. Pinch the front soft portion of the nose and lean forwards with an open mouth. In this way, blood will run out of the mouth rather than down the back of the throat. Putting your head backwards causes the blood to run down the back of the nose and into the back of the throat. You therefore either swallow the blood or worse, blood can enter the airway. If blood enters the airway, this is a severe problem and death can result.

Please read this entire document carefully and if there is anything which is not understood, then Mr Watson would like you to reschedule another appointment with him to discuss your concerns or questions.

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All correspondence to
Yarraville Specialist Centre
277 Somerville Road
Yarraville Vic 3013
Telephone: (03) 9314 9100
Fax: (03) 9314 9125

Provider No. 081077NT

www.glennwatson.com.au

The Healthcare Centre
185a – 189 Princes Drive
Morwell Vic 3840
Telephone: (03) 5133 9966
Fax: (03) 5134 6635

Provider No. 4029504A