



PREVENTION OF NOSEBLEEDS

- Nasal ointment/lubrication (i.e. Secaris, Nasogel) each nostril, twice a day.
- Saline nasal spray: each nostril twice a day.

TREATMENT OF NOSESBLEEDS

- Pinch the nose for 10-15 minutes continuously; watch the clock!
- If this fails, use decongestant spray: 2 sprays into affects nostril then pinch nose for **10-15 minutes**.