

Epistaxis or “Nosebleed”

Epistaxis is a bleeding that originates from the nasal passages, typically in small amounts, and often stops spontaneously. Most nosebleeds originate in the anterior part of the nose and can be resolved easily.

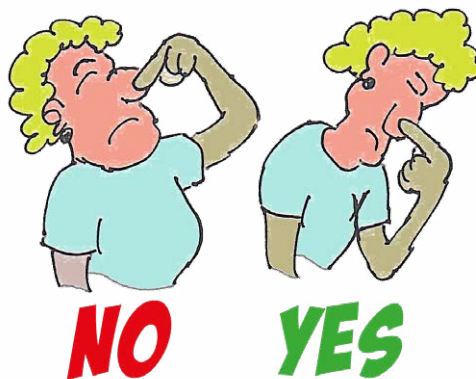
Causes

- Digital manipulation of the nasal passages causing minor injuries.
- **Mucosal dryness**, either due to environmental factors (dry climates, high altitudes, excessive exposure to air conditioning or heat), age or diseases (dry and atrophic rhinitis).
- Nasal **infectious or inflammatory processes** (common cold, allergic rhinitis, sinusitis, environmental irritants, inhalation of substances).
- **Septal abnormalities** (deviations or perforations of the nasal septum).
- **Intranasal foreign bodies**.
- **Trauma** to the nose or face (accidental or surgical).
- Prolonged use of topical nasal decongestants (vasoconstrictor sprays or ointments that may create a perception of improved breathing).
- Elevated blood pressure or disorders of coagulation or capillaries.

What do we have to do in case of nosebleeds?

- The most important thing is to **stay calm**. Apply a damp gauze with cold water or hydrogen peroxide to the nostril that is bleeding; this will stop most nosebleeds.
- Sit down, tilt your head forward, and lower your chin to your chest. This will prevent swallowing blood. Avoid a horizontal position.
- After removing the damp gauze, press with your thumb and index finger on the front part of the nose and the nasal septum for 5 to 10 minutes.

- If the nosebleed persists or reoccurs when the gauze is removed, consult with your doctor.



If these measures do not stop the bleeding, **treatment in a healthcare center** may be necessary to **control the hemorrhage**, often involving **nasal packing**. Various techniques and materials are used for this purpose, including gauze, hydrophilic sponges and absorbable materials.

Prevention of the cause if known

The key is to adopt healthy lifestyle habits and follow recommendations:

- Avoid scratching or inserting fingers, objects, tissues or cotton into the nose. Refrain from forcefully blowing the nose. If prone to nosebleeds, avoid sudden exertion, and if you need to sneeze, do so with your mouth open.
- In cases of nasal dryness, it is important to perform nasal lavages with saline solution or seawater, and use water vapor or apply hydrating nasal ointments.

If the condition does not improve or recurs frequently, consult with your doctor. In the case of recurrent nosebleeds, especially if they are copious or if other bleeding or bruising is present, the doctor will assess whether blood coagulation studies are necessary or if other underlying causes of epistaxis should be ruled out (such as hypertension or medication use).