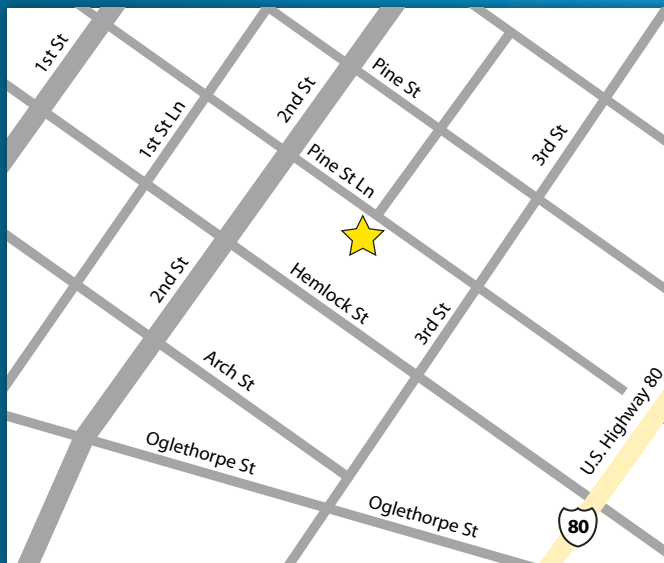




About the ENT Center of Central Georgia

The ENT Center of Central Georgia brings together the very best physicians and support staff dedicated to providing you with an exceptional patient experience. In our pursuit to provide excellence in medical treatment, we listen to our patients and focus on their symptoms. We develop individualized treatment plans based on your unique needs and treat you like we would a family member. Whether you have hearing problems, allergies, dizziness, sinus infections, snoring, or any other ear, nose and throat-related problem, we can help.

For more information, contact one of the elite health care professionals at The ENT Center of Central Georgia today: 1-800-253-8953

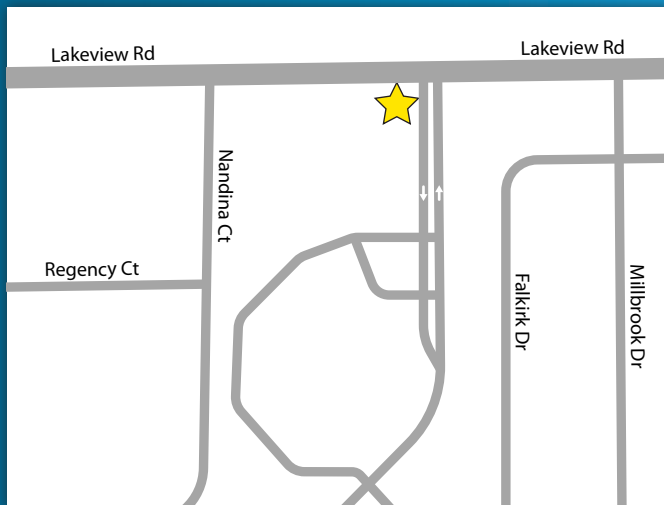


Macon Office

540 Hemlock Street
Macon, GA 31201

Phone: (478) 743-8953

Fax: (478) 743-1963



Warner Robins Office

6084 Lakeview Road
Warner Robins, GA 31088

Phone: (478) 333-2235

Fax: (478) 333-2238

The ENT Center of Central Georgia

Our Doctors Explain: **NOSEBLEEDS**



www.theentcenter.com

What Are Nosebleeds?

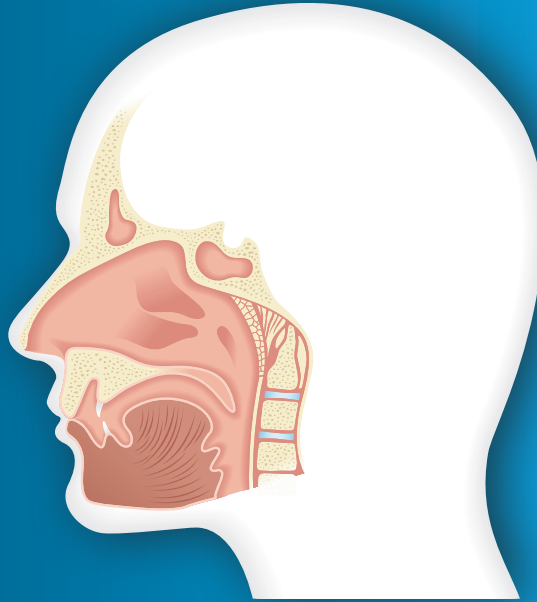
Nosebleeds (bleeding from the nose) are a common occurrence and rarely a sign of a more serious medical condition. They usually result from minor irritations in the nasal passages and are most common in children under 10 or adults older than 50. One out of every seven individuals suffer from at least one nosebleed in their lifetime.¹

When the lining of the inside of the nose dries out and becomes irritated, the blood vessels break, causing a nosebleed. Factors contributing to nosebleeds include cold and dry weather, colds and allergies, sinus infections, blowing the nose too hard or frequently, incorrect or overuse of nose spray, foreign objects in the nose, smoking and trauma to the nose.

The nose is prone to bleeding due to its large number of blood vessels close to the surface, especially in the cartilage of the nasal septum (divider in the nose). Though nosebleeds may look serious, chances are there is much less blood than appearances would lead you to believe.

Most nosebleeds originate in the front of the nose and are called anterior nosebleeds. These are more easily controlled and rarely pose a serious problem. Nosebleeds further back in the nose, or posterior nosebleeds, are less common but can be more serious.

¹ University of Michigan Health. (n.d.). Nosebleeds. <https://www.uofmhealth.org/conditions-treatments/ear-nose-throat/nosebleeds>



How Are Nosebleeds Diagnosed?

Nosebleeds are usually diagnosed by a simple physical examination. Your doctor will check for possible foreign objects or other causes of the bleeding and recommend treatment based on their findings.

If nosebleeds are chronic or occur frequently, they may be the result of high blood pressure or other vascular diseases; less commonly, they could be a result of a hereditary bleeding disorder or serious medical condition like a tumor. Aspirin and other blood thinners can also exacerbate the condition. If you are on blood thinners or have high blood pressure, discussing your nosebleeds with your primary care physician is important.

How Are Nosebleeds Treated?

In the office, your physician can cauterize your nose using a chemical or electrocautery. They can also pack your nose with different materials for more severe bleeding. Your physician may also prescribe medicated ointments to use in the nose. In some cases, patients do have to be scheduled for surgery to manage more severe or frequent bleeding.

If you have a nosebleed at home, sit down and lean forward slightly while pinching your nostrils using your thumb and index finger. Hold this position for at least five to 10 minutes without checking to see if your nose is still bleeding.

If the bleeding persists, you should place Afrin on a cotton ball and place it inside the bleeding nostril or spray a generous amount of Afrin in the side of the nose that is bleeding, then pinch again for five to 10 minutes.

If the bleeding does not stop, call our office at (478) 743-8953, 8 a.m.–5 p.m. During any other time, go to the nearest emergency room.

If you have had a nosebleed, the following recovery instructions will help you avoid repeat bleeding.

- Cool mist humidifier
- Monitor blood pressure closely
- Do not blow your nose. Gently sniffing is permissible.
- No bending, stooping or lifting over five pounds for two weeks.
- No exertion or heavy exercising for two weeks.
- Keep your nose moisturized with saline spray, saline gel or prescription ointment, Vaseline or Aquaphor.