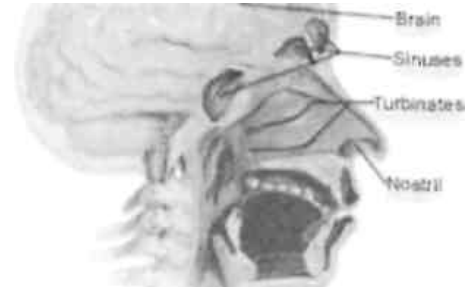


## Epistaxis (Nosebleed)

### What is Epistaxis?

- Epistaxis (ep-i-STAK-sis), also known as a nosebleed, is a condition where there is active bleeding from the nose. This occurs when the blood vessels inside the nose are injured or damaged. Epistaxis is usually not life-threatening, but prompt treatment is needed to prevent prolonged bleeding and further problems.



**What causes Epistaxis?** The following may cause epistaxis or increase your risks of having one:

- **Extreme temperatures:** Very cold, dry air during winter or very hot, dry air during summer.
- **Heavy alcohol drinking:** Drinking too much alcohol and too often.
- **Inflammation:** Inflammation (swelling) of the nose may be due to infections, such as colds or allergies.
- **Medicines:** Some medicines may make the blood thinner or clot longer.
- **Smoking or illegal drug use:** Cigarette smoking or sniffing cocaine may irritate your nose and cause thinning of the lining of the nose.
- **Trauma:** Nosebleeds may be caused by an injury or direct blow to the nose.
- **Others:** High blood pressure, bleeding problems, abnormal blood vessels in the nose, and tumors.

**How is Epistaxis treated?** Treatment for epistaxis aims to control bleeding and treat the underlying cause. You may have any of the following:

- **Medicines:** Caregivers may directly apply medicines to your nose to relieve congestion, decrease pain, and stop bleeding. Other medicines may also be given to treat the cause of your nosebleed. These may include medicines for high blood pressure, bleeding problems, and kidney and liver diseases.

- **Nasal packing:** Caregivers may pack your nose with gauze (bandage) strips to control bleeding and prevent infection.
- **Cautery:** This uses an electrical device or a chemical, such as silver nitrate, to seal the injured blood vessels.
- **Surgery:** You may need surgery to tie an artery if the bleeding does not stop.