



Patient Information : Nose Bleeds



Cork Emergency Medicine

EMed.ie

Do

- Do lean your head forward
- Do squeeze the soft part of your nose for 15 minutes, repeat if necessary
- Do put an ice pack on the bridge of your nose
- Do bite on a cork
- Do attend the emergency department if bleeding continues after ½ hour



Do not

- Do not blow your nose
- Do not sniff, pick your nose
- Do not strain (lifting/toilet)
- Do not drink/eat anything hot
- Do not sneeze through your nose (open your mouth instead)
- Do not tip your head backwards

If you are concerned, please contact the
Emergency Department you first attended:

Mercy University
Hospital
(021) 4271971

M-UCC at
SMHC (St.
Mary's Health
Campus)
(021) 4926900

CUH
(021) 4920200

Mallow General
Hospital
(022) 21251

Bantry General
Hospital
(027) 52900

