



**University
Hospitals Sussex**
NHS Foundation Trust

Care following a nose bleed

ENT Department

Patient information

Care following a nose bleed

To avoid another nose bleed please follow the advice given below for at least 3 days.

- All food and drink should be cool.
- Rest quietly at home and do not do anything strenuous.
- Avoid constipation and straining.
- Do not sunbathe or take hot baths.
- Avoid alcohol and smoking.
- Avoid scratching or blowing your nose.

If you have had nasal cautery, Vaseline or a prescribed nasal cream should be applied at least twice a day for one week.

If there is slight bleeding, sit upright and apply an ice pack. Firmly squeeze the soft lower half of the nose between the thumb and first finger for at least 10 minutes, without releasing.

If you are worried, please get in touch with the A&E Department or contact your doctor.

Where can I get further information?

NHS Choices www.nhs.uk provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

Who can I contact with any concerns or questions?

If you have any problems or are worried, please do not hesitate to contact us in the Ear, Nose and Throat Outpatient Department.

Royal Sussex County Hospital

ENT Department

01273 696955 Ext. 64813

Worthing Hospital

ENT Department

01903 205111 Ext. 84067

**Today's research is tomorrow's treatments.
That's why UHSx is proud to be a research-active Trust.**

Find out how you can get involved. Visit our website
**[www.uhsussex.nhs.uk/research-and-innovation/
information-for-patients-and-public](http://www.uhsussex.nhs.uk/research-and-innovation/information-for-patients-and-public)**
or scan the QR code



This leaflet is intended for patients receiving care
in St Richard's Hospital and Worthing Hospital.

Ref. number: 667.3

Publication date: 12/2025 Review date: 12/2026

© University Hospitals Sussex NHS Foundation Trust Disclaimer:
The information in this leaflet is for guidance purposes only and is in no way
intended to replace professional clinical advice by a qualified practitioner.

