



## 流鼻血

### 如何避免及止血

此讲义为您解说了流鼻血时如何处理、及如何避免它发生

#### 一开始流鼻血时

- 使用 Afrin 鼻喷雾剂。
- 用食指和拇指轻轻地将鼻孔（即鼻子柔软的部位）捏在一起。持续 5 至 10 分钟。
- 坐下来、头略微向前倾斜。根据需要用纸巾轻轻按擦您的鼻子。
- 如 5 至 10 分钟后还持续流鼻血、就再次使用 Afrin 鼻喷雾剂。然后捏住鼻孔保持 5 至 10 分钟。
- 出血停止后、每 8 小时喷一次 Afrin、持续 24 小时。
- 请勿连续使用 Afrin 超过 3 天以上。
- 如您每天有 1 次或多次的流鼻血、或当您流鼻血时很难止血、请致电 206.598.4022 并要求与护士谈话。
- 如鼻血流不止、请到急诊室或致电 911。



如您开始流鼻血、先坐下来、头略微向前倾斜。需要用纸巾轻按擦您的鼻子

#### 预防流鼻血的一些措施

- 每晚上睡前在鼻孔内涂抹少量杆菌肽或凡士林软膏。
- 每天使用生理盐水喷剂 4 至 10 次。您可以在药店购买盐水喷剂、它是无需处方的。使用这种喷剂有助于保持鼻子内部湿润、有助于防止流鼻血。在出鼻血后等待 1 天、才使用盐水喷剂。

## 如希望获取更多有关流鼻血的资讯：

请上美国耳鼻喉科-头颈外科学会的耳鼻喉健康网站。

[www.enthealth.org/conditions/sinusitis/](http://www.enthealth.org/conditions/sinusitis/)

- 如您的鼻子仍感觉干燥、也可以使用盐水凝胶喷剂如 **Nasogel** 来帮助覆盖鼻子内部。这有助于防止鼻腔组织干燥和开裂。
- 按照您基础医生的指示，将血压保持在正常范围。
- 避免擤鼻。使用用盐水喷剂冲洗鼻子以清除阻塞。
- **且勿**将手指或其他物体放在鼻子中。这可能会伤及鼻腔内的组织。
- 打喷嚏时请将嘴张开以减轻压力。

### 您有疑问吗？

我们很重视您的疑问、如您有疑问或顾虑、请致电您的医生或医务人员。

如有疑问或顾虑时请致电：

周一至周五上午 8 点. 到 下午 5 请致电耳鼻喉/头部及颈部外科中心：206.598.4022、接通后、请按 2 字键。

下班后或周末假日：请致电 206.598.4022、当您听到录音后按 5 字键、就会转到社区护士专线。

有关预约的事宜：请致电耳鼻喉/头部及颈部外科中心：206.598.4022

## Nosebleeds

### *How to prevent and stop them*

*This handout explains what to do when a nosebleed starts, and how to keep them from occurring.*

### When a Nosebleed Starts

- Use Afrin nose spray.
- Then use a finger and thumb to gently pinch together your *nostrils* (the soft parts of your nose). Keep pinching for 5 to 10 minutes.
- Sit still and lean slightly forward. Dab your nose with tissue as needed.
- If your nose is still bleeding after 5 to 10 minutes, use Afrin again. Then pinch your nostrils for another 5 to 10 minutes.
- Once the bleeding stops, spray with Afrin again. Repeat every 8 hours for 24 hours.
- Do **not** use Afrin for more than 3 days in a row.
- If you are having 1 or more nosebleeds every day, or if it is hard to stop the bleeding when you do have them, call 206.598.4022 and ask to talk with a nurse.
- If bleeding will not stop, go to the emergency room or call 911.



*If you have a nosebleed, sit still and lean slightly forward.*

### To Help Prevent Nosebleeds

- Apply a small amount of Bacitracin or Vaseline ointment inside your nostrils every evening before you go to bed.
- Use saline spray in each nostril 4 to 10 times a day. You can buy saline spray at a drugstore without a prescription. Using this spray will help keep the inside of your nose moist and help prevent more nosebleeds. Wait 1 day after having a nosebleed before using saline spray.

## To Learn More About Nosebleeds

Visit the ENT Health website by the American Academy of Otolaryngology-Head and Neck Surgery:

[www.enthealth.org/conditions/nosebleeds/](http://www.enthealth.org/conditions/nosebleeds/)

- If your nose still feels dry, also use a saline gel spray such as Nasogel to help coat the inside of your nose. This will help keep your nasal tissue from drying and cracking.
- Keep your blood pressure in the normal range, as directed by your primary care provider.
- Avoid blowing your nose. Instead, rinse your nose with saline spray to clear congestion.
- Do **not** put your finger or other objects in your nose. This can damage your nasal tissue.
- When you sneeze, keep your mouth open to lessen pressure on your nose.

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

### For questions or concerns:

Weekdays from 8 a.m. to 5 p.m., call Otolaryngology/Head and Neck Surgery Center at 206.598.4022 and press 2.

After hours and on weekends and holidays, call 206.598.4022 and press 2 to talk with a Community Care Line Nurse.

**For appointment questions:** Call Otolaryngology/Head and Neck Surgery Center: 206.598.4022.