

**EMERGENCY DEPARTMENT
AND MINOR INJURY UNITS**

ROYAL ALEXANDRA HOSPITAL

TELEPHONE: 0141 314 7294

INVERCLYDE ROYAL HOSPITAL

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Nosebleed patient advice following packing

You have been assessed today in the Emergency Department following an episode of nosebleed and the doctor has placed a nasal pack in the bleeding nostril to stop the bleed.

You meet the criteria to be discharged home with the pack in place.

We have discussed your presentation with the ENT doctors at the Queen Elizabeth University Hospital and they would review you in the next 24 hours in **Ward 11B** at the **Queen Elizabeth University Hospital (QEUH)**.

You should have been provided with a date and time to attend the ward which would be between 10-12 am. When you arrive at the QEUH please head to the main entrance of the hospital and then take the **ARRAN lifts** to **FLOOR 11**.

It is normal to experience some pain/discomfort after insertion of the nasal pack. Please do not pull or tug the pack – removal may cause the bleeding to restart.

Until you are assessed by the ENT team do not:

- Blow your nose
- Smoke/inhale vapours

If you get any more bleeding you must return to Emergency Department.

- Some blood-staining on the nasal bolster is expected **but**
 - if blood soaks all the way through the bolster,
 - constant drips out of your nose or
 - you can feel blood in your throat continuously or spit fresh blood out of your mouth (a little bit of blood stained spit is common after a nose bleed) you must return.

Please note the packs are meant to be in for an absolute maximum of 48 hours only, there is significant risk of infection if left longer. If for any reason you are unable to attend the ward for review please contact the ward to make an alternate time for review.

Contact number QEUH Ward 11B: 0141 452 2780/2781