

Contact Numbers

Ninewells Hospital:

Ear Nose and Throat Ward 26
Telephone: 01382 660111 (extension 33826)

Ear Nose and Throat clinic
Telephone: 01382 660111 (extension 33211)



Nasal Packing for Nosebleeds

Patient information leaflet

Developed and reviewed by staff in Emergency Medicine
and ENT Departments

Developed: 05/2020 Review: 05/2022 LN0774

Ninewells Hospital Emergency Department
Perth Royal Infirmary Emergency Department

Nasal Packing Aftercare Advice

Going home with a nasal pack from the Emergency Department

What is nasal packing?

Nasal packing involves inserting a specially designed tampon into your nose to stop the nosebleed.

If you are discharged with a nasal pack inserted you must be followed up by the Ear, Nose and Throat (ENT) specialists in Ninewells Hospital for removal of the pack.

It is normal to experience some minor pain and/or discomfort once a nasal pack has been inserted.

Going home on Tranexamic Acid

You **have / have not** been prescribed Tranexamic Acid 500mg tablets.

Please **take 2 tablets 3 times a day** until you have been seen by the Ear, Nose and Throat (ENT) specialists.

What is Tranexamic Acid?

Tranexamic acid is a medicine that helps to maintain blood clots. It has been prescribed for you because your nosebleed would not stop with simple measures and has been packed. The medicine will help to stop you getting further nosebleeds whilst you have a nasal pack in.

You should continue to take the medicine as prescribed until you are told to stop by the ENT specialist, or if you develop side effects.

Side effects of Tranexamic Acid

If you develop any of the following side effects stop taking the Tranexamic Acid and speak to your GP/call the ENT Clinic in Ninewells Hospital:

- Diarrhoea
- Nausea and/or vomiting
- Swelling, redness, or pain in your lower leg

Nasal Pack Details

Nasal Pack inserted on:

Date.....

Time.....

Emergency Department

Ninewells Hospital ☐

Perth Royal Infirmary ☐

by (clinician).....

.....ml air in balloon

Do's and Don'ts once you have been discharged with a nasal pack

Do:

- ☒ Do make sure you take any medications if prescribed by the doctor.
- ☒ Do ensure you attend the **ENT specialists** for removal of the nasal pack.

Don't

- ☒ Do not pull or try to adjust the nasal pack.
- ☒ Do not blow your nose
- ☒ Do not breathe in tobacco smoke or other fumes that may irritate your nose. Do not take hot drinks (lukewarm drinks are fine)

What to do if my nose starts to bleed again?

- Follow advice given for treating nosebleeds
- You should still squeeze both sides of your nose even if you have a nasal pack in
- Hold for 15 minutes without stopping
- **If after 15 minutes the bleeding is not stopping then make your way back to the Emergency Department**

When to seek medical help?

- You begin to cough up blood from the back of your throat
- The nasal pack becomes loose and moves in/out of your nose
- You feel dizzy, weak or experience difficulty in standing up
- You develop difficulty in breathing
- Your pain level increases and is not controlled by simple painkillers

If you experience any of these issues please contact:

ENT Clinic (if between 9am and 5pm, Monday to Friday)

or

ENT Ward (Ward 26 at any other time)

Contact telephone numbers are at the end of this leaflet.

What will happen next?

After going home with a nasal pack you will be contacted by the ENT Team within 24 hours (usually the following morning) to make arrangements for you to come to hospital for the pack to be removed.

Please ensure you leave a contact telephone number.