

# HOW TO DEAL WITH EXTERNAL BLEEDING/HEMORRHAGE

## NOSE BLEEDING: EPISTAXIS

Tell the patient to keep calm and sit quietly.

1. Make them sit or stand upright (don't let them lie down).
2. Pinch their nose just above their nostrils for 10 to 15 minutes.
3. Lean them forward and tell them to breathe through their mouth, it will prevent the blood from going into their airway and stomach.
4. If the bleeding continues, make a nasal packing, insert rolled gauze in the bleeding nostril and keep applying pressure.
5. If the bleeding does not stop, seek medical advice (call 112).



## EAR BLEEDING: OTORRHAGIA

1. Wash your hands thoroughly.
2. Apply antiseptic lotion and direct pressure until the bleeding stops.
3. Cover the injury with a sterile dressing shaped to the contour of the ear, and tape it loosely in place.
4. Apply cold compresses over the dressing to reduce pain and swelling.



Co-funded by the  
Erasmus+ Programme  
of the European Union