



Nose bleeds



Most nose bleeds are not dangerous.



If you have a nose bleed sit up straight

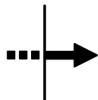
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and pinch your nose for 10 minutes.



Your nose bleed should stop within 20 mins.



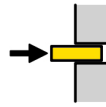
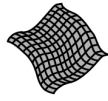
If your nose bleed carries on, call your doctor.



Doctor's treatment



The doctor can stop a nose bleed.



A silver nitrate stick or gauze is put into your nose.



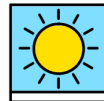
The doctor may give you some cream for your nose.



Afterwards



2



Don't touch your nose for 2 days.



7



Your nose can take up to 7 days to get better.



If your nose bleeds again, visit your doctor.