Nose bleeds

Most nose bleeds are not dangerous.

If you have a nose bleed sit up straight

+ 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

Don't touch your nose for 2 days.

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

If your nose bleeds again, visit your doctor.