

NOSE BLEED KIT & INSTRUCTIONS

Contents:

Afrin Nasal Spray & Cotton Balls
stored together in a Zip-lock bag

Instructions

Tease out a portion of a cotton ball and soak the tip end of the teased portion with Afrin. Place the soaked portion of the cotton ball into the side of the nose that is bleeding. Apply pressure by pinching your nose for approximately 10 - 15 minutes or until the bleeding stops. You should allow the cotton ball to come out on its own if it cannot be easily removed.

Prevention

Nosebleeds often occur due to the nostrils being too dry. In order to prevent this, you may apply Polysporin antibiotic ointment or Mentholatum to the inside of the nostrils two to three times a day using your fingertip.