

Nasal Packing for Nosebleeds | Patient Information Leaflet

Emergency Department and Department of Ear, Nose, and Throat (ENT) Surgery, Raigmore Hospital

What is a nasal pack?

A nasal pack is a specially designed device inserted in your nose to stop a nosebleed. The one we commonly use is called a “rapid rhino”. It sits within your nostril and will have a tube with a valve on the end protruding from your nose.

Going home with a nasal pack

Some patients can go home with the nasal pack in place and come back to the ENT department for removal, 1 to 2 days after the pack has been put in your nose. Further examination of your nose, commonly with a rigid camera, is carried out then. Patients often go on to receive cauterisation of the blood vessel or area responsible for the nosebleed.

Is it normal to experience pain or discomfort?

It is entirely normal to experience some pain or discomfort once a nasal pack has been inserted. Remember to take regular painkillers such as paracetamol, and/or codeine to help with the pain.

Can I still have a nosebleed with the nasal pack in my nose?

You will not be sent home with active bleeding. However, it is normal to have a trickle or ooze of blood (which can be mixed with nasal mucus). If you have significant bleeding or if you are unwell, you will need to go back to the Emergency Department.

What if the nasal pack falls out/becomes dislodged?

This is unlikely. If it falls out and there is not much bleeding, come to your ENT follow-up appointment as planned. If your nose starts bleeding badly again, you will need to return to the Emergency Department.

What about my blood thinners?

If you regularly take an anticoagulant (blood thinner) then this will usually be withheld for a day or 2 until you are seen at your follow-up appointment with ENT. When you are seen at the clinic, you will be told when to re-start your anticoagulants.

What if I live a long way from the hospital?

If you don't live close to the hospital, the doctor will discuss with you whether you are happy to go home and travel back for your follow-up.

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

Do:

- Ensure you attend the ENT Specialist appointment for removal of the nasal pack
- Ensure you take regular painkillers to help with the discomfort or pain

Don't:

- Don't pull or try to adjust the nasal pack
- Don't blow your nose
- Don't breathe in tobacco smoke or other fumes that may irritate your nose.
- Don't bend over forwards, lift heavy objects or exert yourself
- Don't take hot drinks or food (lukewarm is ok)

ENT follow-up

You will be given a follow-up appointment for the Raigmore ENT clinic when you are discharged from the Emergency Department, either the next day or the day after that, depending on the time of day you get the pack inserted.

ENT clinic appointment date _____

ENT clinic appointment time: _____

Nasal pack details

Date of insertion: _____

Time of insertion: _____

Contact numbers

ENT ward: 01463 704445

ENT clinic: 01463 706188

Emergency department: 01463 704444