



CONSIDERATIONS FOR EPISTAXIS

Introduction

Epistaxis is a common condition for people with bleeding disorders (PwBD). This symptom often begins in early childhood and bleeding is frequently heavier and may last longer than the traditional population. Epistaxis may be managed with preventative measures, but there are many modalities and medications available to address epistaxis in this population.

Etiology

Understanding the causes of epistaxis helps us to outline care and treatment.

Frequent causes of epistaxis include:

- Nose Picking
- Dry Air / Cold Air
- Allergies
- Injury
- Infection / Cold Symptoms
- Certain Medications

Prevention

- Cool-Mist Humidifier
- Saline Spray / Gel
- Avoid Nose picking / Short Nails
- Avoid Heavy Lifting
- Antibiotic Cream

Interventions

- Gently blow nose to expel clot
- Forward head tilt
- Hold pressure at soft part of nose for at least 15 minutes
- Apply cold compress to soft part of nose
- Consider prescribed nasal or oral antifibrinolytic treatment
- Vasoconstrictors (Limited use due to potential rebound effects)

Additional Treatment Considerations

If the patient experiences recurrent or worsening epistaxis despite the above interventions, please consider:

- Consult the Hemophilia Treatment Center (HTC) for additional treatment modalities
- Refer to ENT



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Indications for Emergency Care

- Nosebleeds lasting longer than 30 minutes
- Symptoms of anemia
- Trauma injury requiring additional treatment

Prevention Methods for Ongoing Epistaxis or Reinjury

- Avoid straining
- Avoid blowing nose following a nosebleed
- Continue antifibrinolytics until area is fully healed
- Avoid use of NSAIDS or aspirin containing medications

Conclusion

Recommendations for care may vary dependent on the patient history and disease process. Individual treatment centers and providers may have variable recommendations and it is important to maintain communication with your patient's treatment center.

Additional Resources & Information

MASAC Recommendations Concerning Products Licensed for the Treatment of Hemophilia and Other Bleeding Disorders
<https://www.bleeding.org/healthcare-professionals/guidelines-on-care/masac-documents/masac-document-284-masac-recommendations-concerning-products-licensed-for-the-treatment-of-hemophilia-and-selected-disorders-of-the-coagulation-system>

HTC Search Directory (CDC.gov)
<https://dbdgateway.cdc.gov/HTCDirSearch.aspx>

MASAC Recommendations Regarding the Treatment of von Willebrand Disease
<https://www.bleeding.org/healthcare-professionals/guidelines-on-care/masac-documents/masac-document-266-masac-recommendations-regarding-the-treatment-of-von-willebrand-disease>

Current Treatment Options - NBDF Website
<https://www.betteryouknow.org/healthcare-providers-edhttps://www.bleeding.org/bleeding-disorders-a-z/treatment/current-treatments>

Contact Us

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