

# EPISTAXIS

Don't Forget to Wear Your Protective Gear! GOWN UP!

## History

Anticoagulant Usage  
Hypertension  
Easy Bruising/Bleeding  
Lightheadedness

## Exam

**\*\*VISUALIZE THE BLEED\*\***  
Pallor  
Tachycardia

## Approach to Epistaxis

### 1) Put on your protective equipment

Gown, Gloves, Mask, Eyeshield

### 2) Clear the nose and visualize the bleed

Kiesselbachs Plexus (Anterior- Most Common)  
Sphenopalatine artery (Posterior- Most Severe)

### 3) Spray in oxymetazoline (Afrin)

Many attendings repeat this step if necessary

### 4) Cauterize with silver nitrate

You can provide local anesthesia by soaking gauze in either 4% Lidocaine or 4% Cocaine and leave it in their nose for 10 minutes.

### 5) Pack the nose with gauze (or other commercial products)