**Approach to Epistaxis**

1) **Put on your protective equipment**
Gown, Gloves, Mask, Eyeshield

2) **Clear the nose and visualize the bleed**
Kiesselbach's 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)**

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**History**
- Anticoagulant Usage
- Hypertension
- Easy Bruising/Bleeding
- Lightheadedness

**Exam**
- **VISUALIZE THE BLEED**
- Pallor
- Tachycardia