

COPING WITH NOSEBLEEDS

90% of HHT Patients suffer recurrent nosebleeds. They can be frightening, but with the right actions they can be prevented, managed and treated.

PREVENTION



Avoid picking, blowing or rubbing your nose as it may cause trauma.



Avoid overheating indoors and excessive layers of clothing.



Avoid foods high in Salicylates.

NSAIDs

Avoid NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) such as Aspirin and Ibuprofen.



Apply saline spray and/or nasal gels to moisten inside your nose.



Recognise your triggers: alcohol, strenuous exercise, stress, etc.

MANAGEMENT



Rinse your nose daily.



Anti-histamines may help.



Always carry spare top, towel, tissues.



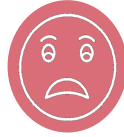
Give HHT school guide to teachers.

TREATMENT*



MILD

Topical Therapies eg: Naseptin, Puralan 100, Estrogen creams, Oral contraceptives.



MODERATE

- Injection of Transexamic acid.
- Sclerotherapy or Coblation or Laser.



SEVERE

- Septodermoplasty.
- Youngs Procedure.

**Talk to your GP for advice.*

HHT Ireland

Need support or guidance about HHT?



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MORE INFORMATION ON HHTIRELAND.ORG

