

Self-Care for Nosebleeds in HHT

Supporting our community with safe at-home care – reducing unnecessary A&E visits

Nosebleeds (epistaxis) are one of the most common and frustrating symptoms of HHT. They vary from person to person — some are light and brief, others heavier and more frequent. While these bleeds can be distressing, most can be safely and effectively managed at home, avoiding stressful and often unhelpful visits to A&E.

Why Home Management Matters

Many A&E departments are unfamiliar with HHT and may recommend cauterisation or laser treatment during a nosebleed episode. However, research and experience within the HHT community have shown that these procedures can cause further trauma to the delicate nasal mucosa, often leading to increased bleeding over time.

Learning to treat your nosebleeds at home can empower you and help reduce long-term damage.

Step 1: Daily Nasal Hygiene

Keeping the inside of your nose clean and moist is one of the most important ways to prevent frequent bleeds.

- **Saline nasal sprays** help with daily hydration:
 - *NeilMed NasalMist*
 - *Xlear Nasal Spray*
 - *Ayr Saline Nasal Gel*
 - **Antibacterial gels** reduce infection and crusting. Apply with a cotton bud:
 - *Bactroban* (on prescription)
 - *Purelan 100* (lanolin-based and gentle)
 - **Nasal irrigation** practices can also help flush out dried blood and irritants. This can be part of your daily routine.
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Step 2: Managing Lighter Nosebleeds

At the first sign of a bleed, quick action can often stop it in its tracks:

- **Qualiphar Absorbent Cotton Wool**
Soft and absorbent, ideal for catching early bleeds. Available online at: www.newpharma.be
 - **Sesame Seed Oil/Rose Geranium Oil Compound**
This natural oil blend soothes and protects the nasal lining. Details and suppliers can be found on the HHT Ireland website: hhtireland.org/recommendations
 - **RhinoPinch Nasal Clip**
A helpful tool to gently compress the nostrils and stop light bleeding: [Amazon RhinoPinch Clip](https://www.amazon.co.uk/dp/B073333333)
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Step 3: Managing Heavier Nosebleeds

If the bleeding is heavier or more persistent, you may need additional tools. Please discuss the use of these with your GP or ENT specialist:

- **Tranexamic Acid (on prescription)**
This can be used as a topical paste, applied gently to the bleeding point using a cotton bud. Or alternatively use the liquid form and put on piece of Kaltostat and apply to bleeding point.
 - **Kaltostat**
A seaweed-based gauze that helps clotting. Fold a strip tightly and use it to plug the bleeding nasal passage. Make sure you're shown how to use this properly before trying it at home.
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In Summary

Self-managing your nosebleeds at home is not only possible — it's often the **best** approach. Through gentle daily care and the right products, you can reduce trauma, protect your nasal passages, and avoid the cycle of bleeding and cauterisation.

You're not alone — HHT Ireland is here to support you every step of the way.



If you have questions or would like a demonstration of any of these techniques, please contact us directly or speak to your ENT specialist about creating a personalised nosebleed management plan.