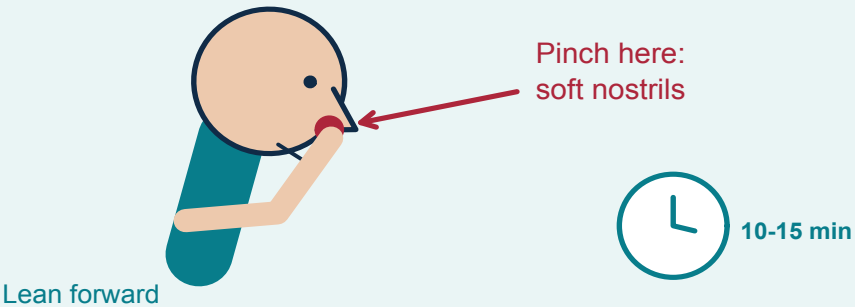
Nosebleed

Simple first aid and aftercare

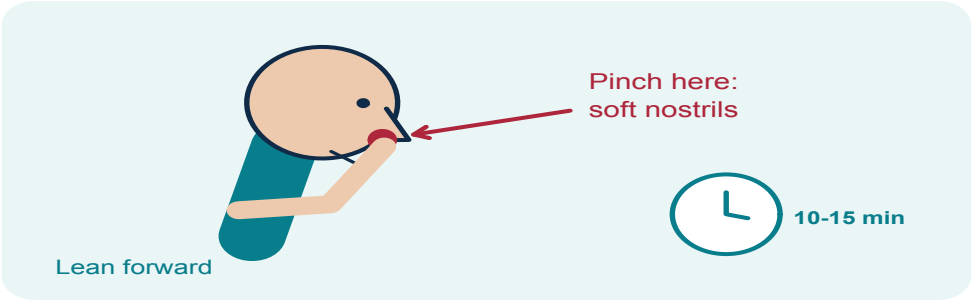


Get urgent help if bleeding continues

If bleeding has not stopped after 10-15 minutes of correct, uninterrupted pressure, seek urgent medical assessment.

Call 112 for heavy bleeding with faintness, weakness or breathing difficulty. A nosebleed after a significant head injury also needs urgent assessment.

Sit forward and pinch



Pinch the soft nostrils, not the hard bridge.

1 Lean forward

Sit upright with your head slightly forward and your mouth open. Spit out blood that runs into your mouth.

2 Squeeze the soft part

Pinch both nostrils together just below the bony bridge. Keep breathing through your mouth.

3 Hold for 10-15 minutes

Use a timer. Keep steady pressure without letting go to check. Ask someone to help if needed.

Avoid these mistakes

Do not tip your head backwards, lie flat, or stuff tissues or cotton wool into your nose.

After the bleeding stops

Protect the clot

For the next 24 hours, avoid nose-blowing or picking, strenuous activity, heavy lifting, hot drinks and alcohol.

If bleeding restarts, repeat the forward-leaning pressure technique and seek help if it does not stop.

Arrange a clinical review

Recurrent nosebleeds, signs of anaemia such as tiredness or breathlessness, or a nosebleed in a child under 2 years need medical advice.

Tell the clinician about blood-thinning medicines or a bleeding disorder. Do not stop prescribed medicines without advice.

Useful details to record

Note how long the bleed lasted, whether one or both sides bled, any injury, and whether pressure helped.

Bleeding began / stopped

Medicines and previous episodes

Your clinic and care plan

Healthway Medical Centre
9 Mdina Road, Ħaż-Żebbuġ
ZBG 9015, Malta
+356 2033 1155
Mobile: +356 9952 5356
info@healthwaymalta.com
www.healthwaymalta.com

Mon-Fri 09:00-12:00 & 16:00-20:00
Saturday / public holidays 09:00-14:00
Sundays closed, including public holidays.

For emergencies, call 112. Do not wait for an email or clinic reply.

Review plan

Any prescribed nasal treatment

Guidance and further reading

NHS: Nosebleed

The Dudley Group NHS: Nosebleeds: patient advice

Approved for publication 30 October 2026. Original illustrations; general information, not an individual diagnosis. Follow advice from your treating team.