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Measures to control nose bleed and Few things not to be Done While it Happens

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Nose bleeds are one of the common problems which happen in different people. However, nose bleeds can be a warning for the starting of other problems as well. There are different kinds of nose bleeds and there are various reasons for nose bleeding. It is important for one to understand, the reason, for the3 nose bleed. Always consult your physician before taking any steps or precautions. However, it is very important to know how to stop a nose bleed. This could happen at any time for any body and hence it is always good to know the different techniques used to stop the bleeding.

There are various steps involved for stopping a nose bleed. There is a process to be followed while you have a nose bleed and steps to be continued after a nose bleed. While your nose is bleeding it is always important to sit down and lean forward. This could allow the blood to drain rather than the blood getting into your throat. Having a bowl under your nose is recommended than a cloth. However, you can have a tissue or handkerchiefs to wipe the blood from you face or hands. Keep in Mind do not lie down immediately after your nose bleeds or lean too much forward. It is good to sit straight and keep your nose in line with your heart. This could control the bleeding to a large extent. You can always drink water so that it cleans your throat from the blood. Sometimes blood in the throat could cause vomiting, diarrhea or nausea. Not only this by drinking water, you can remove your dehydration.

Stopping a bleeding nose is always not that easy, however, by following these techniques it could be made simple. Pinch the soft part of the nose very gently. Always use your index finger and thumb while doing so. This needs to be done for at least five minutes until the bleeding completely stops. Donâ€™t forget to breathe through your mouth as it will become difficult. However, if the bleeding persists for more than ten minutes, it is always good to consult your physician. Another way to stop bleeding is to put an ice pack over your forehead of back of your neck to stop bleed. Note you need to follow only one of the techniques and not both simultaneously.

Once your nose stops bleeding it is always good to remain calm for a good amount of time. You need to sit and rest at least for thirty to sixty minutes depending on the severity of the nose bleeding. Always avoid sniffing or sneezing to ooze out your blood as this could lead to further bleeding. Continue to drink more water to prevent dehydration. Never clean your nose with a cloth or tissue. Cleaning your nose never helps. Allow the nose to dry naturally. However, it is fine to clean outside your nose with a help of soft cloth using warm water. Continue breathing through your mouth to vaporize the moisture content inside your nose. Once you feel a little better, slowly start to breathe through your nose.

Lastly if you are prone to nose bleeds then, never try to clean your nose. Donâ€™t pick your nose, bump it or bend it. Never try to fist cuff your nose while bleeding. Instead follow the above strategies and this can help you stop your nose from bleeding very easily. As we know there are several reasons for nose bleeds. It is always good to consult a doctor and know the reason for your nose bleed. This could help you in the future.

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Being a freelance writer and blogger, I enjoy writing on a slew of topics including entertainment, technology, health & fitness, hobbies, nature, and environment. I like to spread information about the importance of security systems. As a matter of fact I have installed a reliable systems at home and office in a ADT Home Security Systems to safeguard my valuables.

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