

Epistaxis Control

1. Consider use of pharmacologic agents and laboratory testing
 - a. Use Epic Epistaxis Order Set
2. Room set up to include seating facing the patient, good lighting, suction, adequate patient protection using Chux, large or small emesis basin as needed.
Have patient blow their nose to remove blood clots
3. Consider premixing medications using medication cup and then withdrawing 5cc syringe for application with atomizer
 - a. 1.5 cc of Afrin (oxymetazoline 0.05%), 1cc of 4% lidocaine 2.5 cc of TXA
 - i. Spray 2.5 cc in bleeding nostril wait 3 min and repeat X 1
 - ii. Soak cotton ball in the mixture and insert into bleeding nostril using bayonet forceps
4. Apply nasal compression for 15 minutes with two tongue blades taped together to look like chopsticks
 - a. Consider application of above medications prior to compression to assist in epistaxis control
 - b. Have patient lean forward during this 15 minute period to prevent ingestion and aspiration of blood
5. Reassess bleeding after 15 minute period, including nasal examination
 - a. May use nasal speculum and headlamp for examination
6. If continued or recurrent bleeding from an anterior identifiable site, consider use of silver nitrate to control bleeding
 - a. Apply silver nitrate circumferentially around the hemorrhage site prior to directly on the site
 - b. Do not apply silver nitrate if there is heavy active bleeding. It is unlikely to be successful
 - c. Do not apply silver nitrate for more than 5 seconds on one spot or to bilateral aspects of nasal septum
7. If continued bleeding from unidentifiable anterior site, consider anterior packing with TXA soaked gauze and continued nasal compression
8. If continued bleeding after TXA and compression, consider Flo-seal packing
 - a. Instructions for mixing/application in box
 - b. Apply 5cc in posterior to anterior fashion
 - c. Avoid use if there are plans for nasopharyngoscopy
9. If continued bleeding after Flo-seal, consider Rhino rocket for compression
10. Rhino Rocket Insertion
 - a. 5.5cm and 7.0 cm sizes used for anterior bleeds
 - b. 9.0cm size used for posterior bleeds since has 2 balloons
 - c. Wet Rhino rocket in sterile water for 30 seconds
 - d. Insert along nasal floor until blue indicator past nare
 - e. If using 9.0cm for posterior bleed, inflate green marked cuff first
 - f. Inflate cuff(s) with air until pilot cuff is firm and round and/or bleeding controlled

- g. Re-check in 15 minutes to confirm that the pilot cuff is still firm and for hemostasis
 - h. Tape the pilot cuff to the cheek
- 11. If continued bleeding, consider ENT consult