

(Yahoo!UK&Ireland)

What is the fastest way to stop a nose bleed?

★Best Answer - Chosen by Asker

Pinch the bridge of your nose & tilt your head forward. The ol' "tilt your head backwards" only diverts the blood to your stomach, which then irritates your stomach lining & makes you prone to puking. If you can't get it to stop, you can also put an ice pack (ice wrapped in a wash cloth) on the back of your neck, or on your forehead. The cold constricts the blood vessels, slowing bleeding. Just remember not to blow your nose for a little while, even after the bleed stops since it'll dislodge the clot & start the bleeding over again. You don't want to stuff tissues up there because as soon as you take them out, it'll dislodge the clot. Always go to the ER (call an ambulance if you need to) if you can't get it under control!

Remember- pinch, tilt (forward), and ice!

Hope this helps!

★just hold a tissue on to the side of your nose and press. after the blood slows down. take a tissue and put it up you nose. replace it when it gets to bloody.

★put a two towels on your pillow[s] and then go to sleep

going to sleep sorts out all of lifes problem [including being pissed]

and if you wake up and its still bleeding, replace towels and go back to sleep

★Pinch the bridge of your nose whilst tilting your head forward (NOT backward as is commonly thought).

(Yahoo!Canada)

How to stop a nose bleed??

Best Answer - Chosen by Asker

★Blow ur nose. Ppl say not to but they are wrong. Ppl tell me tilt my head up and blood drips down my throat. So okay there is always a blood clot in ur nose that keeps pulsing out blood; if u blow it nose and get the blood clot out of ur nose ur nose will stop bleeding. Sounds nasty but hey whtev

:Asker's Comment:Thanks very much :) You helped a lot. I have seen a doctor and he only told me to just hang in there and the nose bleeds should stop as I get older. So far they have only got worse. I have had them for three years now.

★Look up! not down, put an ice back on the neck and look at the ceiling.

参考・引用など

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