Nosebleeds (Epistaxis)

Do you suffer from frequent or heavy nosebleeds? While nosebleeds (also known as *epistaxis*) are common and usually harmless, they can sometimes be worrying – particularly if they happen regularly or are difficult to stop. In some cases, they may be a sign of an underlying issue that needs treatment.

At Birmingham Head and Neck Clinic, we provide expert care for patients experiencing nosebleeds. Whether your symptoms are occasional or severe, our ENT specialists will assess your condition, offer clear answers, and develop a personalised treatment plan to help prevent further episodes.

What Is Epistaxis?

A nosebleed occurs when the delicate blood vessels inside your nose break and bleed. Most nosebleeds come from the **front part of the nose** (anterior epistaxis), and are usually easy to manage. However, some bleeds come from **deeper inside the nasal cavity** (posterior epistaxis), and may be more serious.

Nosebleeds can happen for a variety of reasons – from dry air to nasal injury or high blood pressure – and while often minor, they should be checked if they are frequent, unexplained, or difficult to control.

Symptoms Of A Nosebleed

You may notice:

- Blood dripping or flowing from one or both nostrils
- A sensation of liquid in the back of your throat (if the bleed is from deeper inside the nose)
- Blood-streaked mucus when blowing your nose
- Light-headedness or fatigue if the bleeding is heavy or prolonged

In most cases, the bleeding stops on its own within a few minutes. However, if the bleed is heavy, lasts longer than 10–15 minutes, or keeps recurring, you should seek medical advice.

Common Causes Of Nosebleeds

There are many reasons why a nosebleed might occur. These include:

- **Dry air or heated indoor environments**
- **Nose picking or frequent blowing**
- **Nasal infections, colds, or allergies**
- **Minor trauma or injury to the nose**
- **Use of blood-thinning medication (e.g. aspirin, warfarin)**
- **High blood pressure**

- **Nasal polyps or tumours (less common)**
- **Underlying blood clotting disorders**

Older adults are more prone to nosebleeds, but they can affect anyone at any age.

When To Seek Help

- You have frequent nosebleeds
- The bleeding is heavy or difficult to stop
- Nosebleeds are affecting your daily life or sleep
- You are on blood thinners or have a clotting disorder
- There are signs of infection, swelling, or abnormal growths
- You have a family history of hereditary bleeding conditions

Even if the cause is minor, treating the problem early can reduce the risk of complications or more serious bleeding later.

How We Investigate Nosebleeds

At Birmingham Head and Neck Clinic, your consultation will be carried out by an experienced ENT consultant. Your assessment may include:

- A detailed discussion of your symptoms and medical history
- Examination of the inside of your nose using a headlight or endoscope
- Blood pressure check and review of any medications
- Nasal endoscopy to assess for bleeding points, polyps, or tumours
- Blood tests if a clotting issue is suspected

We'll work to pinpoint the cause of your nosebleeds and create a treatment plan that works for you.

Treatment Options

Treatment will depend on the cause and severity of your nosebleeds. Options include:

- **Nasal cautery** – a quick and simple procedure to seal small bleeding vessels
- **Nasal packing** – using a soft dressing or sponge to stop active bleeding
- **Topical creams or sprays** – to treat infection, inflammation, or dryness
- **Adjustment of blood-thinning medication** – in collaboration with your GP or specialist
- **Surgery** – for more serious cases or where conservative treatments are not effective (e.g. arterial ligation or endoscopic procedures)

- **Lifestyle advice** – including humidification, nasal hygiene, and blood pressure management

What To Expect At Your Appointment

We'll take time to understand how your nosebleeds are affecting your life and carry out a thorough examination to find the cause. Our experienced ENT team will clearly explain your treatment options, and support you with care that's efficient, professional, and reassuring.

Get In Touch

Don't let nosebleeds interrupt your daily life. With the right care, they can be managed effectively and often prevented from returning.

Contact Birmingham Head and Neck Clinic today to arrange a consultation with a specialist ENT consultant.