

# Epistaxis

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# DOs

- In case of bleeding from nose press the nose between the thumb and finger tips of your hand and keep it pressed for 5-6 minutes tightly. During this period inhale and exhale through the mouth and spit out any blood trickling down the throat.
- The patient should be made to sit upright and if patient has to lie down , ensure s/he is lying in left sided position with the head end depressed
- Clean the head and face with cold water
- Contact and visit the nearest health centre facility for proper treatment.

# How To Deal With Nosebleeds

Nosebleeds are common, but can occasionally point to more serious medical problems.

If you have a nosebleed:

- Hold your nostrils closed with your thumb and index finger
- Lean your head forward
- Ensure your head is above your heart by sitting or standing
- Relax



Seek medical attention if you have nosebleeds more than four times a week or if you have other symptoms with your nosebleeds. Go to the ER if:

- Your nosebleed is still going after 15 minutes despite following the procedure
- You have a high fever
- You are coughing up or vomiting blood
- You feel like fainting, have a skin rash, or have an irregular heartbeat

# DO NOT

- DO NOT swallow the blood trickling down the throat
- DO NOT blow your nose
- DO NOT poke your nose

# Foreign body nose

## Dos

- Keep children away from small toys or any object with fragrance that might attract them.
- If there is any foul smell or discharge from nose of any child, contact the nearest health centre.

# Foreign body nose

## DO NOTs

- DO NOT attempt to remove the foreign body yourself.
- DO NOT panic and breathe through the mouth.

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# Foreign body ear

## Dos

- If the foreign body is an insect and is within reach then hold it with forceps and take it out. If it is not within reach then put lukewarm mustard oil in the ear drop by drop.
- If any other foreign body is lodged do not attempt to remove it.
- For ear examination, contact the nearest health centre.

# Foreign body ear

## DO NOTs

- DO NOT clean the ear yourself.
- DO NOT go to quacks for treatment.
- DO NOT put water or soap in your ear.
- DO NOT clean your ear with any matchstick or sharp object.

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# Earache

- In case of earache instead of instilling ear drops, take analgesic first and then consult the nearest E.N.T. surgeon.

# Foreign body aero-digestive tract

- Keep small toys / objects/ eatables out of reach of children.
- Keep children under your watch.
- Crush the eatables like peanuts/ cashewnuts/ pistachio into small pieces before feeding them to small children.

# Foreign body aero-digestive tract

- Instruct the children to not talk while eating food
- If while playing the child suddenly coughs or faints or has breathing difficulty or turns blue ; in any of these scenarios take the child immediately to the nearest health centre.

# Foreign body aero-digestive tract

- If the patient is not able to breathe completely then press the upper part of abdomen and lower part of chest with a finger in case of very small children and between your palm and fingers in case of slightly older children. If the patient is an adult ; stand behind the person with your arms around him/her and press into the abdomen hardly . Contact the nearest health centre as soon as possible.



# DO NOT

- DO NOT give the child oil and any other substance to eat or drink.
- DO NOT delay in taking medical assistance
- DO NOT panic. Keep calm.

# Detachment of any body part after injury/Mutilation

## Dos and DO NOTs

- If the body part is soiled with mud clean it first with clean water, **DO NOT** use detergent or soap.
- Keep the body part immediately in a plastic bag with ice cold water or in an ice box and take the patient along with the part to the nearest health care centre.