COVID-19 Epistaxis Management

**Aim:** reduce the number of admissions with epistaxis whilst ensuring the safety of patients and staff.

**PPE:** same level used for nasal endoscopy – AAMI level 2 gown, gloves, FFP3 mask, visor, hat.

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**Emergency Department**

- Nasal pressure, 15 minutes
  - Tranexamic acid
- Control of risk factors (blood pressure, aspirin, anticoagulants)
- Insert unilateral bioresorbable dressing (e.g. Nasopore or FloSeal)

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**Bleeding continues:** **ENT review**

- Silver nitrate cautery
  +/- alternative non-packing technique

**Bleeding continues:** **ENT**

**Unilateral** non-absorbable nasal packing (e.g. Rapid Rhino)

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**Bleeding continues / admission**

- Bilateral +/- posterior packs
- Significant medical co-morbidities
- Surgical intervention if indicated

**Bleeding cessation**

- Discharge with 48hrs bed rest
- Naseptin or bactroban topical
- No ENT follow-up required

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**Surgical Intervention:** Avoid intervention unless necessary. Manage all patients as if COVID-19 positive with highest level of PPE - respirator, negative pressure room, reduced personnel.

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