PEARLS

• It is very difficult to quantify the amount of blood loss with epistaxis.
• Bleeding may also be occurring posteriorly. Evaluate for posterior blood loss by examining the posterior pharynx.
• Direct pressure is defined as constant, firm pressure for 20 minutes with head positioned forward without reexamining the affected nares(s).
• Anticoagulants include warfarin (Coumadin), apixaban (Eliquis), heparin, enoxaparin (Lovenox), dabigatran (Pradaxa), and rivaroxaban (Xarelto).
• Anti-platelet agents like aspirin and many over-the-counter headache relief powders (i.e., Excedrin Migraine),