

Common Facial Injury Management Strategies

Managing a bloody nose

1. Sit up straight and tip your head slightly forward.
2. Use your thumb and forefinger to firmly pinch the soft part of your nose closed.
3. Apply an ice pack to your nose and cheeks.
4. Keep pinching for a full 10 minutes.
5. Check to see if your nose is still bleeding after 10 minutes.

Removing an object from the eye

1. Pull out the lower eyelid or press down on the skin below the eyelid to see underneath it.
2. If the object is visible, try tapping it with a damp cotton swab.
3. For a persistent object, try to flush it out by flowing water on the eyelid as you hold it open.

Preventing swimmer's ear

1. Wear earplugs when swimming.
2. Don't swim in lakes, ponds, or rivers where there are bacteria.
3. Make sure pools and spas are clean.
4. Shake water from the ear after done swimming.
5. Dry your ears.
6. Use eardrops – over-the-counter or prescription.
7. Protect your ears – it isn't just water that can infect the ear.