Tel: 22003434

Website: www.sth.org.hk

- 本院設有「八達通」時鐘泊車服務
  We provide Octopus hourly parking service
- 公共小巴綠色專線/ Green Line Public Bus:
  2, 17M, 25M, 46, 70
- 紅色非專線：旺角往新蒲崗/黃大仙/九龍城
  Red Line Minicab: Mongkok to San Po Kong / Wong Tai Sin/Kowloon City
- 公共巴士/ Public Bus : 1, 1A, 2A, 6D, 7B, 9, 12A, 13D, 16, 24, 27, 42, 95, 98C, 113, 203E, 296C, N216
- 港鐵 / MTR

※ 樂富站轉乘的士約五分鐘到達
Lok Fu Station: 5 mins by taxi

※ 旺角站轉乘非專線小巴(近先達廣場)至露明道 Mongkok Station: by red line minicab, get off at Lomond Road

※ 宋皇臺:B1 出口,可步行 5-10 分到達 Sung Wong Toi: Exit B1, about 5-10 minutes walk

- 東鐵 / East Rail Line

※ 旺東可換乘的士約五分鐘到達
Mongkok East: about 5 minutes by taxi

※ 九龍塘可換乘專線小巴 25M 至界限街 Kowloon Tong: by green line bus no. 25M

- 復康巴士電召服務/Rehabus (Dial a Ride)： 28178154



St.Teresa's Hospital
聖德肋撒醫院

Management of Epistaxis
流鼻血處理

Health Information
健康資訊

流鼻血處理

- 將頭部向前微傾然後用手指按著鼻翼，向鼻膜施加壓力(約 10 分鐘)
- 暫時用口呼吸，避免吞下血塊
- 可用冰敷鼻翼令血管收縮，減少血流
- 24 小時內，避免挖鼻孔及大力擤鼻涕
- 如持續流鼻血， 請向耳鼻喉專科醫生求診

*以上資訊只供參考，並不能完全反映醫生意見，想了解更多有關資訊，應諮詢你的醫生。

Management of Epistaxis

- Sit upright with tilted forward
- Apply direct external digital pressure to the flares with index finger and thumb, for at least 10 minutes
- Breathe through mouth
- Avoid swallowing the blood clot
- Ice pack can be applied over the nose
- Avoid forcefully blowing nose or nose picking during the first 24 hours
- For persistent bleeding, should seek medical treatment as early as possible



*This document is for information purpose and is not intended to be a substitute for the advice of a doctor. Should you have any queries, please consult your doctor-in-charge.

Reference:

Cartwright, S. J., Morris, J. J., Pinder, D. (2008). Managing nosebleeds. Student BMJ. 16, 212-214

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