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- ※ 本院设有「八达通」时钟泊车服务
We provide Octopus hourly parking service
- 公共小巴绿色专线 / Green Line Public Bus:
2, 17M, 25M, 46, 70
- ※ 红色非专线: 旺角往新蒲岗/黄大仙/九龙城
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
- 港铁 / MTR
- ※ 乐富站换乘的士约五分钟到达
Lok Fu Station: 5 mins by taxi
- ※ 旺角站换乘非专线小巴(近先达广场)至露明道 Mongkok Station: by red line minicab, get off at Lomond Road
- ※ 宋皇台: B1 出口, 可步行 5-10 分到达 Sung Wong Toi: Exit B1, about 5-10 minutes walk
- 东铁 / East Rail Line
- ※ 旺东可换乘的士约五分钟到达
Mongkok East: about 5 minutes by taxi
- ※ 九龙塘可换乘专线小巴 25M 至界限街 Kowloon Tong: by green line bus no. 25M
- ※ 复康巴士电召服务 / Rehabus (Dial a Ride) : 28178154



St. Teresa's Hospital
聖德肋撒醫院

Management of Epistaxis

流鼻血处理

Health Information

健康信息

流鼻血处理

- 将头部向前微倾然后用手指按着鼻翼，向鼻膜施加压力(约 10 分钟)
- 暂时用口呼吸，避免吞下血块
- 可用冰敷鼻翼令血管收缩，减少血流
- 24 小时内，避免挖鼻孔及大力擤鼻涕
- 如持续流鼻血，请向耳鼻喉专科医生求诊

*以上信息只供参考，并不能完全反映医生意见，想了解更多有关信息，应咨询你的医生。

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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