**Inclusion and Exclusion criteria**

The inclusion and exclusion criteria for formal PICOST search are found in table 1.

**Table 1. Inclusion and Exclusion Criteria.**

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|  | ***Inclusion*** | ***Exclusion*** |
| **Population** | Adults and children  Acute, anterior epistaxis | Infants (< 1 yo)  Idiopathic epistaxis  Posterior epistaxis  Chronic epistaxis |
| **Intervention** | Cryotherapy or cryotherapy with nose pinching (manual or mechanical) | Any intervention not feasible in a first aid environment (e.g., commercial ice packs or machines) |
| **Comparison** | Nose pinching alone | Any intervention not feasible in a first aid environment (e.g., cautery, intranasal, packing, silver, tranexamic) |
| **Outcome** | * Time to hemorrhage control (minutes), critical * Hemostasis (yes/no), critical * Reduction of nasal blood volume (volume), critical * Reduction of pain measured via pain scale (pain scale), important * Need for follow-up care (yes/no), important * Adverse events (yes/no), important, recovery time (days/min), less important * Reduction of swelling (volume), less important |  |
| **Study design** | Randomized controlled trials (RCTs) and non-randomized studies (non-randomized controlled trials, interrupted time series, controlled before-and-after studies, cohort studies) | Unpublished studies (e.g., conference abstracts, trial protocols) and animal studies. |
| **Timeframe and language** | All years.  All languages, as long as an English abstract is available. | Articles in a language other than English, for which no English abstract is available or unable to translate. |
| **Setting** | First aid provider in the first aid setting | Healthcare providers in emergency department or clinics |