

## NOSEBLEED INSTRUCTIONS

### **Stopping an ACTIVE nosebleed:**

1. Saturate a small piece of cotton with over-the-counter AFRIN Nasal Spray (or any name brand 12-hour decongestant spray equivalent).
2. Place the saturated/medicated cotton ball inside the nostril where the bleeding seems to be originating from.
3. Firmly pinch your nose just below the nasal bone for 10 minutes. If you are on blood thinners such as Coumadin (Warfarin) or Aspirin, firmly pinch your nose for at least 15 minutes. Lean for head forward, not backwards!
4. Place an ice pack over your nose, concentrating on the side you think the bleeding is coming from. Ice on for 5 minutes, then off for 5 minutes. Repeat.
5. If the bleeding has not slowed substantially, then call the office at 818-559-9727 during business hours OR if after hours, proceed to the nearest Emergency Room (ER).

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### **Nosebleed Maintenance / Post-Cauterization**

Most nosebleeds come from vessels located on the nasal septum, just inside the nostril. After these vessels have been cauterized (either chemically with silver nitrate, or with electricity), it is important to keep the nose moist and avoid trauma to the healing area. If the scab that forms is disturbed too early, or if the vessels re-bleed, the healing process must start over. The following are some suggestions to allow healing to occur and to avoid further bleeding...

**SALINE SPRAY:** Keep the inside of the nose moist with saline spray (e.g. Ocean Spray or any name brand saline/non-medicated spray). Apply a gentle spray to the affected side at least four (4) times a day for at least one (1) week. You may spray more often if the nose feels particularly dry.

**ANTIBIOTIC OINTMENT:** Also, apply a thin coating of an antibiotic ointment (such as Neosporin or Polysporin) to the inside of the nose three (3) times a day for one (1) week.

**PHYSICAL ACTIVITY:** Please limit most physical activity for at least one week. No heavy lifting, strenuous exercise, or bending at the waist.

**SLEEP:** If possible, sleep with your head elevated for the first five (5) to seven (7) days.

**OTHER:** Be gentle to your nose until it is fully healed. No nose blowing for at least a week. Do your best to sneeze with your mouth open to relieve some of the stress on the nose.