

## Nosebleed Treatment and Management Instructions

### Treatment Method: Nasal Cautery with Silver Nitrate or Electrocautery

1. **Keep a fresh cotton ball in the treated nostril for several hours after treatment.**
2. **No Nose Blowing for 48-72 hours** (sniffing and dabbing are okay).
3. Sneeze with your mouth open.
4. **Avoid** strenuous activities that raise the blood pressure for 48 hours (athletics, heavy lifting, bending at the waist).
5. Increase nasal humidification 4-6 times per day by using over the counter products like Simply Saline, Ayr or Ocean nasal spray.
6. Using a Q-tip, **gently** apply over-the-counter saline nasal gel (Dr. Carwell and Dr. Reddy patients) or Bacitracin ointment (Dr. Daniell patients) to the cauterized site twice daily for 2 weeks.
7. **Avoid** trauma to the cauterized site with fingers, tissues.
8. Use a humidifier in your bedroom especially during the winter months to increase the humidity of the room air.

### Treatment Method: Nasal Packing (Vaseline Gauze or Merocel Sponge Pack)

1. **Keep nasal packing in place for 3 days.**
2. **Expect** clear to pink tinged nasal secretions to appear. Your nose will continue to produce normal secretions that will build up around the packing. Sneeze with your mouth open. **Do NOT blow the nose.**
3. **Call the office or return to the ER if you develop active bright red bleeding around the packing.**
4. **Avoid** strenuous activities (lifting heavy objects, straining, bending over at the waist and athletics) until the packing has been removed.
5. **Take** all medications that have been prescribed.
6. Keep head and upper body slightly elevated rather than sleeping completely flat.
7. Increase room humidification by using a humidifier.

### Remain calm if bleeding redevelops. Start the following:

1. Determine which side is actively bleeding by tipping the head forward over a tissue. The side that drips first is usually the problematic side.
2. Stay upright with head slightly forward.
3. Pinch the soft portion of the nose between your thumb and index finger for 10 minutes by the clock!
4. Recheck for bleeding. **If still actively dripping use 2 generous sprays of 12-hour Afrin Nasal Spray directly into the side that is bleeding and reapply 10 minutes of direct pressure for a 2<sup>nd</sup> time.**
5. If this fails to control the bleeding during office hours (8:30-5:00 p.m. Monday- Friday) call 603 224-2353 or proceed to Emergency Room if after hours.