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PATIENT INSTRUCTIONS AFTER TREATMENT FOR NOSE BLEEDING

1. If you have a packing in your nose made of gelatin it will usually dissolve and come out on its own over the next several days. It may come out of the front of the nose or you may cough it out.
2. Purchase Nasal Saline Spray. (some brands are: Ayr, Ocean, or generic). Sprays without an alcohol preservative tend to cause less dryness.
3. Begin using the spray after the packing falls out or after 48 hours, whichever comes first. Use three (3) sprays each nostril every 4-6 hours while awake
4. After the packing has been removed, begin applying Antibiotic ointment or Vaseline to both sides of the nose as well. Specifically, please apply a small amount to a Q-tip and apply it to the septum. Please do this twice a day.
5. Purchase a warm mist humidifier and use it in the bedroom at night.
6. Please follow the following recommendations:
 - a. No lifting over 5 pounds
 - b. No nose blowing- use saline spray to rinse the nose
 - c. If you have to sneeze, hold your nose and open your mouth
 - d. No bending over to pick things up
 - e. No aspirin or blood thinners including Vitamin E, fish oil, garlic supplements, ginger, ginseng, ginko
 - f. Take all blood pressure medications.

7. If you have a nose bleed:

- a) **Sit upright**
- b) **Pinch the lower on-half of the nose together (below the bone), together for ten minutes by the clock. If you have Afrin or Neosynephrine nasal spray use this before pinching the nose. Applying ice packs may also help.**
- c) **Release and observe. If bleeding continues repeat a and b for 20 minutes.**

If you cannot stop the bleeding go to your nearest Emergency Room. You can contact the on-call doctor by calling 630-981-0032 if needed.