

NOSE BLEEDS:

- After a nasal cautery, ointment (Vaseline, Neosporin, or Ayr) should be applied to the affected nostril 3-4 times a day for two weeks. Apply ointment with fingertip only—NO Q-TIPS IN THE NOSE!
- After a nasal cautery, if you have to sneeze, sneeze with your mouth OPEN!
- After a nasal cautery, do not pick, rub, or scratch your nose.
- After a nasal cautery, take it easy. No heavy lifting, bending, or straining for 24-48 hours.
- If your nose should start bleeding:
 1. Spray 2-3 puffs of Afrin to affected nostril
 2. Take a cotton ball and roll into small tampon and soak it with Afrin and place in the nostril
 3. Apply pressure with the Afrin soaked cotton in your nose for 10 minutes
 4. Release pressure but leave the Afrin soaked cotton in your nose for an additional 10 minutes.
 5. Remove Afrin soaked cotton, if your nose is still bleeding repeat steps 1-4.
- If bleeding continues, call our office at (318) 443-9773