

Nosebleed Cauterization Aftercare Instructions

Now that your nose has been treated for bleeding, please follow these instructions:

- Use nasal moisturization (Over the counter AYR Gel) 2 times a day for 2 weeks
- Avoid picking or manipulating the nose in order to keep the scab stable. You can gently blow your nose, blowing your nose too hard may cause the bleeding to start again. Do not bend over, strain, or lift anything over 15-20 pounds.
- Avoid nasal medical sprays
- Do not use aspirin, ibuprofen (Advil, Motrin), or naproxen (Aleve) for 36 to 48 hours after a nosebleed unless your doctor tells you to. You can use acetaminophen (Tylenol) for pain relief.
- Activity: No heavy lifting, straining or vigorous cardiovascular exercise for 1 week following the nasal cautery. Any activity in which the nose may be manipulated could cause re-bleeding from the cauterized area during the first 7-10 days.



If the nose starts to bleed:

- Sit up and lean forward. This will help prevent you from swallowing blood.
- Apply pressure to your nose. Use 2 fingers to pinch the soft part of your nose shut (not the bone) for 10 minutes.
- Spray Afrin in the nose. (Decongestant sprays, such as Afrin, contain medications that tighten blood vessels in the nose. This not only can relieve inflammation and congestion, but it can also slow or stop bleeding.)

