



# HOME CARE INSTRUCTIONS

# NOSEBLEEDS

Your doctor is treating you for nosebleeds. These are caused by superficial blood vessels near the front of the nose. The aim of treatment is to protect this area so the blood vessels can heal. This may require either chemical or electrical cautery within the nose. Occasionally, blood vessels have to be cut in the process of an operation.

Obtain a tube of either Bacitracin / Polysporin / Neosporin from the drug store (no prescription needed).

Squirt this ointment up your affected nostril as directed by your doctor – this will be about ½ inch of ointment, or about ½ as much toothpaste as you would put on a toothbrush.

Then take a piece of cotton, the size of the last joint of your finger, and put it in that side of the nose.

Three (3) times daily, remove the cotton, squirt more ointment in your nose, and put a clean piece of cotton in – do this for as many days as your doctor prescribes.

The next phase is to continue the ointment three (3) times daily, without cotton.

If there should be bleeding, and there may be during the healing phase, blow out your nose, put ointment in the nose, and a large piece of cotton.

Keep your head elevated rather than lying down.

Should the bleeding persist to a significant degree after a reasonable amount of time, please call the office or go to the emergency room.

757-623-0526

[www.entltd.com](http://www.entltd.com)