

## **NOSE BLEED POST-PROCEDURE INSTRUCTIONS**

### **1. ACTIVITY and DIET:**

- No hot or spicy foods for 48 hours.
- Avoid bending, straining and lifting greater than 5 pounds for 72 hours. This includes straining on the toilet and sexual activity.

### **2. PROCEDURE SITE CARE:**

- DO NOT blow your nose until your next follow up with the doctor. When it is necessary to cough or sneeze, keep your mouth open to avoid building up pressure.
- Sleep with 2-3 pillows or a recliner if possible for the next two nights.
- A pink to light red drainage is normal for the first few days after the procedure.
- Start Nasal Saline Gel tonight. This can be purchased over the counter in most pharmacies. Place a pea sized amount on the tip of your finger and coat the septum (the vertical structure separating the left and right sides of your nose). Next, pinch the soft part of your nose together 3-4 times to spread. Apply in this fashion twice a day until your next follow up with the doctor.

### **3. WHAT TO DO IF YOU DEVELOP A NOSE BLEED:**

- If you experience brisk bleeding, use 3-4 sprays of Oxymetazoline (Afrin) in each nostril. Repeat 30 minutes for a total of 3 doses. Also place a bag of frozen peas gently on your face and nose. Call our office if these measures have not controlled your bleeding.

**Please call our office with any additional questions or concerns.**