

EPISTAXIS (NOSE BLEEDS)

After you are treated in the office, it is important to know how to manage your nosebleeds at home.

- Talk to your primary care doctor about medicines that you are taking which may be worsening your nose bleeds, such as: aspirin, Plavix, Coumadin, or other blood-thinning medications. Some supplements, such as: Vitamin E, fish oils, garlic tablets, ginseng, ginkgo, etc., may also worsen symptoms, along with the use of alcohol. You should stop these supplements and discontinue alcohol use during treatment for nosebleeds.
- Uncontrolled high blood pressure may also worsen nosebleeds. Talk to your doctor if your blood pressure is not under proper control.
- It is important to moisturize the nose, especially during the winter months when the air is cold and dry.
 - It is recommended that you put a humidifier in your bedroom to help moisturize the nose at night.
 - You should also moisturize the nose with nasal saline (Simply Saline, Ocean Spray, etc.) and petroleum gel (Vaseline).
 - 2 Sprays of nasal saline followed by a light coating of Vaseline on the inside of both nostrils using a Q-tip cotton tip applicator. (This should be done in the morning and at night.)
- For active bleeding, you should do the following:
 - Use Afrin (or Oxymetazone): 2 sprays in each nostril and pinch the nostrils closed for 20 minutes.
 - Apply an ice pack to the neck and forehead while pinching the nose.
- If you have any questions or if the bleeding in your nose cannot be controlled with Afrin nasal spray, pressure, and the application of ice packs for 20 minutes, please call our office at 817-332-8848.

ENDOSCOPIC CONTROL OF EPISTAXIS

- No heavy lifting or aerobic exercise for 2 weeks, otherwise, normal activity and diet can be continued.
- No nose blowing for 1 week after treatment.
- Sneeze with mouth opened.
- Use Afrin nasal spray as needed for bleeding for 3-5 days.
- Use saline mist as needed to add moisture.

WHAT TO EXPECT:

Congestion and Swelling	Post-operative swelling will cause congestion for 1-2 weeks.
Bleeding and Drainage	There may be mild drainage with mild bleeding. Use Afrin for bleeding (2 sprays in each nostril, as needed). For a severe nosebleed, apply pressure for 15-20 minutes, ice packs, and Afrin. If the bleeding does not stop, call the office at 817-332-8848.
Pain	There may be mild to moderate pain for 3-5 days.