



## EAR, NOSE & THROAT CONSULTANTS OF NEVADA

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### NOSEBLEED INSTRUCTIONS

#### Supplies needed:

A. Nasal Cease (available at most pharmacies) follow printed instructions.

Or

B. ½% Neo-Synephrine Drops (over the counter at your pharmacy). Bacitracin ointment (over the counter at pharmacy), cotton balls.

#### Procedure for Nasalcease

1. Roll Nasalcease (as on instructions)
2. Place in nose
3. Apply pressure by pinching cartilage part of the nose, just below the bone for 10 minutes.

#### Procedure for Active Bleeding:

1. Apply Neo-Synephrine to cotton balls, thoroughly wetting surface
2. Be sure to remove any clots by gently blowing nose before inserting cotton ball into bleeding nostril.
3. Apply pressure by pinching cartilage part of the nose just below the bone, holding this pressure for 10 minutes. Leave the cotton ball in place and observe for any bleeding from nose or down the back of throat. If bleeding continues, reapply pressure for another 10 minutes.
4. Leave cotton ball in for 30minutes and then gently remove.

#### Procedure for 2 weeks after cautery of nose

1. Apply Neosporin, Bacitracin Ointment, or Rhinaris gel to affected side twice daily.
2. Also spray with saline or Rhinaris 4 times daily. Do not blow nose for 2 weeks.

#### Procedure for Preventing Further Nosebleeds

3. Use Saline spray: Ayr, Ocean Mist Drops, Rhinaris spray or gel, two or three times per day to moisten nasal passages and promote healing
4. Three times a day use Bacitracin or Neomycin ointment into affected nostril(s)

#### Websites of interest

[www.medlineplus.gov](http://www.medlineplus.gov)

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

[www.ent.org](http://www.ent.org)

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