



POST-EPISTAXIS TREATMENT

To prevent recurrence, please observe the following:

ACTIVITY: Rest and relax for the next few days.

Avoid any strenuous activity or straining, including all forms of exercise. No intercourse for one (1) week. Avoid sunbathing, hot showers, baths or hot tubs. Lukewarm water is permissible.

DIET: A regular diet may be resumed. No hot fluids (lukewarm is permissible). No alcoholic beverages for one (1) week.

MEDICATIONS: It is advised that you apply Polysporin ointment to the affected nostril once or twice a day. Place a pea sized amount of the ointment on the tip of your baby finger. Gently wipe the ointment onto the inside of your nostril. Gently squeeze your nostrils together (as if plugging your nose) to help disperse the ointment. DO NOT use Q-tips or any other instruments to apply ointment inside your nose. You may lay back for a few minutes to prevent the ointment from dripping out of your nostril. If your doctor has prescribed medication for high blood pressure, it is important that you remember to take it regularly.

Take only ASPIRIN-FREE MEDICATIONS, unless ordered by your physician.

TYLENOL OR ACETAMINOPHEN can be purchased without a prescription at any drug store.

DO NOT TAKE ASPIRIN, MOTRIN OR ADVIL.

Fill your discharge prescription as soon as you leave the hospital/office.

DISCHARGE INFORMATION:

- Do not blow your nose vigorously.
- Should any bleeding occur – rest in the sitting position with your head tilted slightly forward and apply ice to the bridge of your nose and neck while applying gentle pressure to the fleshy part of your nose. Maintain this for 10 minutes, and then relieve the pressure. If bleeding persists, twist a corner of a Kleenex tissue and soak with a nasal decongestant (ie. Otrivin or Dristan). Instill this into the affected nostril and reapply pressure to the fleshy part of your nose. Hold for 10 more minutes. If bleeding persists after administering these steps contact your doctor or go to the nearest Emergency Department. Do not hesitate to go to the hospital if bleeding is profuse or “gushing” from the nose.
- Attempt to contact your doctor during the day. Do not wait until the evening.
- A follow up appointment to see your doctor is advised.