



ENT AND FACIAL PLASTIC SURGERY

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BOARD CERTIFIED

Nosebleed Instruction Sheet

What you can expect:

1. Some blood tinged mucus from nose and throat for 1 to 3 days
2. The drip pad under the nose will saturate with mucus and may have reddish-pink, or clear color. This is normal, it will continue as long as you have nasal packing in place. Even if your nose was not packed, bloody discharge mixed with mucus can occur.
3. The most common complaint after nasal packing and/or cauterization is nasal stuffiness. Pain is usually not a major concern.
4. Remember to open your mouth and breath. It may be initially difficult getting used to this however your body will soon adapt.
5. Keep your head elevated on pillows (even during sleep)
6. Apply an ice pack over your nose as long as you can tolerate it for 24 to 48 hours.
7. If blood begins to actively pour out of the nose or mouth, notify the office immediately at 703-448-0005
8. You may have a low grade temperature within the first two days, notify the office if the temperature is above 101 °F.

Medications:

1. Antibiotics: (Cephalexin, Keflex, Amoxicillin, or Biaxin) will be prescribed if your nose was packed. Please use as directed.
2. Pain Medication: You may take Extra Strength Tylenol or generic acetaminophen 1 to 2 tablets every 4 hours as needed. **DO NOT TAKE ASPIRIN, EXCEDERIN, IBUPROFEN, ADVIL, OR ALEVE. IF YOU ARE NOT SURE ABOUT THE PAIN MEDICATION, ASK DR. MUSHTAQ OR ONE OF HIS STAFF.**
3. If you are taking Coumadin or any other blood thinner, ask the physician regarding this medication

Precautions:

1. Don't blow your nose
2. Don't do heavy lifting or bending down or strenuous activity
3. Don't sneeze through your nose, pinch your nose and sneeze through your mouth instead.
4. Avoid taking airplane flights or climbing

Activity:

You may walk about, however do not participate in any strenuous exercise.

Wound Care:

1. If it was not packed then follow the instructions listed in paragraph 2. If your nose was packed then you need not do any wound care. If any portion begins to fall out, cut out the portion falling out and leave the rest of the packing in place. If the packing accidentally falls out, don't worry, notify the office (during business hours).
2. After the packing is removed (usually between 5-7 days), spray your nose with nasal saline spray two puffs each nostril every 1-2 hours. Apply Vaseline ointment to the nostrils in the morning and at bedtime after the nasal saline spray.
3. If a nosebleed occurs after packing has been removed, soak a cotton ball with Afrin nasal spray, insert into the nostril that has the bleed, and squeeze tight for 5 minutes while holding the head back.

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