

## EPISTAXIS (NOSEBLEED)

### ADVICE AFTER NOSE CAUTERY

A small blood vessel in your nose has been cauterised with a chemical stick (silver nitrate stick) to stop it bleeding

#### To prevent further bleeding

You should take the following precautions for **at least** two to three days or until all bloodstained discharge has stopped

- Avoid very hot drinks
- Avoid very hot baths
- Do **not** blow your nose – sniff instead
- Do **not** pick your nose – a small scab will form where it has been cauterised and this should not be disturbed
- If you need to sneeze do it with your mouth open
- Avoid any strenuous activity. This may mean time off work if you have a strenuous job
- Avoid smoking, smoky atmospheres and drinking alcohol
- You may be given some antibiotic cream to apply, (or you can use Vaseline) – gently rub this just inside the nostril, not right inside the nose

#### If your nose starts bleeding again

- Lean forward over a bowl
- Pinch the soft fleshy part of your nose **firmly** for the next ten minutes
- Put some ice in a bag (or some frozen peas etc. in a bag) over the bridge of your nose for ten minutes