

Nurses Phone: (615) 848-9265 ext 140 Email: nurses@midtnent.com
Surgery Schedulers' Phone: (615) 848-9265 ext 160 Email: surgery@midtnent.com

CARE AND PREVENTION OF NOSE BLEEDS

Prevention:

*Keep nose moist with saline nasal spray (available over the counter) and/or saline nasal gel (available over the counter). You may use this as much as you like. A few times an hour is okay.

*You may also apply an ointment to your nose to keep it moist.

*Sleep with either a cool or warm mist humidifier – this will also keep the nose lining moist.

Dos & Don'ts:

*Do not BLOW your nose aggressively for TWO WEEKS. You may sniff and wipe the end of your nose.

*Keep you mouth open if you need to cough or sneeze.

*Do not do any strenuous activity that may raise your blood pressure 10-14 days.

For Nose Bleeds:

*Use Afrin or generic form of a 12-Hour nasal spray (available over the counter) apply external pressure to the nose by squeezing the bottom together for **10 minutes**. Repeat procedure multiple times. If continues, call the Emergency Room or our office.