



ADVANCED SINUS
AND
ALLERGY CENTER

1030 W. Higgins #325
Park Ridge, IL 60068

Instructions after Nasal Cautery and/or Removal of Nasal Packing

1. Absolutely NO nose blowing until cleared by your doctor.
2. Cough and sneeze with your mouth open.
3. Do not manipulate your nose (i.e. no nose picking).
4. Apply 2 sprays of Ocean Spray, Armored Saline or Ayr saline (nasal saline) into each nostril 3 times daily for one week.
5. Avoid any heavy lifting (do not lift anything heavier than a gallon of milk) or strenuous exercise.
6. Avoid straining in the toilet. If you feel constipated, you should purchase an over-the-counter stool softener. Talk to your pharmacist about the different Over-The-Counter stool softener options.
7. Avoid any Aspirin or NSAIDs (Ibuprofen, Naproxen, Advil, Aleve, Pepto-Bismol) for two weeks.
8. Avoid any herbal supplements or vitamins that thin the blood (Gingko, Garlic, Ginseng, Fish Oil, Omega-3 fatty acids, St. John's Wort, Vitamins C and E). Always check with your pharmacist to see if any of the supplements you are taking can promote bleeding.
9. If you take any blood thinners like Warfarin (Coumadin), Clopidogrel (Plavix), make sure to discuss with your doctor whether or not you should stop them.
10. If you suffer from high blood pressure (hypertension), talk to your primary care doctor to make sure it is well controlled, because high blood pressure will predispose you to re-bleeding from your nose.
11. Gently apply Vaseline to the inside of your nostril 3 times daily AFTER using the nasal saline for one week. Your doctor may choose to prescribe an antibiotic ointment called Bactroban (Mupirocin) which you would then use INSTEAD of the Vaseline. Do not apply the Vaseline or the Bactroban ointment with your finger. Instead, use a Qtip to introduce the medicine into each nostril.
12. If you start bleeding again from your nose, do not panic! Instead:
 - a. Apply 3 generous sprays of Afrin or its generic equivalent (Oxymetazoline) into each nostril
 - b. Pinch the soft part of your nose for AT LEAST 15 consecutive minutes. You can either use your hand or you can purchase a nose clip at your local pharmacy.
 - c. Eat ice cubes and apply an ice pack (or a bag of frozen peas) to the bony bridge of your nose. The cold temperature helps the bleeding stop.

If after 15 minutes you are still bleeding, seek medical attention. Call your doctor and go to the nearest Emergency Department.