



POSTOP INSTRUCTIONS

EPISTAXIS (NOSEBLEEDS)

WHY DOES IT HAPPEN?

- Trauma (fall, nose picking, fights or accidents).
- Drying of mucosa.
- Associated inflammatory diseases.

PREVENTION-MANDATORY

- Have child use normal saline nose spray four to five times a day.
- Twice Daily- Once in the AM and once at bedtime place a thin coating of Polysporin, Bacitracin, or other antibiotic ointment inside of nose on each side of septum, (middle divider).
- Use a cool mist humidifier during the night.
- No blowing or picking of nose.

WHEN A NOSEBLEED OCCURS

- Spray Afrin (2 squirts) into each side of nose.
- Hold firm pressure over the lower soft part of the nose for five minutes (by the clock).

WHEN TO CALL OUR OFFICE
OFFICE TELEPHONE # 727-329-5400
SURGICAL EMERGENCIES # 727-562-6858

- If nosebleeds continue despite the treatments listed above.

FORMULA FOR HOMEMADE SALINE NASAL SPRAY

Mix together:
1 tsp. Table Salt
1 tsp. Baking Soda
1 pint warm tap water

Notes/Questions:
