

# ENT

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Ear Nose & Throat Specialists of Northwestern Pennsylvania

## EPISTAXIS

### POST-CAUTERY/PACKING INSTRUCTIONS

1. Don't blow nose for one (1) week - may sniff or dab nose.
2. Sneeze with mouth open.
3. Your nose may bleed - DO NOT PANIC.  
It may be a sign that you are "overdoing it." Sit down, relax, elevate feet. Do not bend over with head down or lift anything over ten (10) pounds. You may feel more comfortable with a gauze pad under your nose secured with tape. An ice pack to the back of your head may also be used.  
In the event of any bleeding, pinch nose together at soft part of nose for at least ten (10) minutes, by the clock. If bleeding subsides, continue to relax - take it easy. If it does not, call this office for further instructions. If after hours, there is someone on call, he may direct you to go to the E.R.
4. You may experience some pain after packing or cautery. You may use Tylenol - no aspirin or Ibuprofen. If you are on a blood thinner such as Plavix, Coumadin, etc., please tell the physician and he will direct you as to what to do.
5. Do not manipulate packing. You may have absorbable packing which will work itself out. Your doctor may instruct you to use saline spray, Afrin or Polysporin Ointment. (These medications should be kept on hand to use if needed.)
6. It is natural to feel some amount of nasal congestion. In this case, it is very important to increase oral fluids - as you will be breathing with your mouth open.
7. After packing is removed or comes out on its own, you might notice a scab at the cautery site. It is very important not to pick at this - it will start to bleed.
8. A black stain might be visible below the nose for a short period of time after your nose was cauterized. It will disappear. You do not want to scrub this area - you may start some bleeding.

If at any time you should have any questions or concerns, please call the office 814-864-9994, ext. 273.