**Kristin Egan, M.D.**

**Facial Plastic & ENT Surgery**

**2809 Sepulveda Blvd.**

**Manhattan Beach, CA 90266**

**310-426-8415**

**http://drkristinegan.com**

**Epistaxis Precautions**

1. No nose blowing or picking
2. Sneeze with mouth open
3. No bending/stooping/straining
4. No hot showers
5. No hot foods or liquids
6. No aspirin, ibuprofen, naproxen or other blood thinning supplements, ie. Garlic, fish oil, vitamin E
7. Keep head elevated
8. Use nasal saline spray 5-6x throughout the day
9. Apply Vaseline with your pinkie to inside middle part of nose
10. Place a humidifier in the bedroom
11. If constipated, use a laxative
12. If bleeding occurs:
13. Sit up straight
14. Bend forward slightly so that blood does not drip down the back of the throat
15. Insert a cotton ball soaked with Afrin nasal spray into the bleeding nostril. You can also spray Afrin into that nostril 4-5 times if you do not have a cotton ball.
16. Pinch the soft part of the nose together with moderate to firm pressure for 30-40 minutes
17. Place ice or frozen vegetables in a bag over your nose

If you cannot control the bleeding after one hour, notify the doctor immediately or report to the nearest emergency room.