

NASAL CAUTERY

TREATMENT FOR RECURRENT NOSEBLEEDS

REMEMBER TO FOLLOW ALL GUIDELINES THAT WERE PROVIDED TO YOU BY THE SURGERY CENTER OR HOSPITAL ABOUT WHAT TIME YOU SHOULD STOP EATING AND DRINKING.

On the day of surgery, please report to the Surgery Center or Hospital on time for your scheduled procedure.

1. Cautery is a very effective technique for treating nosebleeds. During the procedure, a scab was created over the area that had been bleeding. This scab must not be disturbed until healed because bleeding could return.
2. Do not blow your nose for 1 week.
3. If you have to sneeze, keep your mouth open and let the sneeze out rather than holding it in.
4. Sleep with your head elevated for the first few days. This can be done either by adding a pillow or two or sleeping in a recliner.
5. Avoid all strenuous activities (exercise, jogging, sports, etc.) until your doctor gives approval. This includes lifting anything over 10 lbs. You should also avoid bending over as this can trigger bleeding as well.
6. Because anesthesia is used for this procedure, you (or your child) must remain out of work, school or daycare for the day of surgery but may return the following day. Activity restrictions should be discussed on a patient to patient basis with your surgeon.
7. Nasal saline spray should be used 3-4 times daily at least and it is helpful to have a humidifier at the bedside. It is important that as the scab heals, that it stay moist to heal properly.
8. Discomfort after nasal cautery is common. You should avoid aspirin but Tylenol, Motrin and related products are acceptable. If you are on a prescribed blood thinner, stopping and restarting these medications should be discussed with your prescribing doctor (Cardiologist, PCP, etc.).
9. You may have a postoperative appointment scheduled for you, which would be 7-14 days after surgery. Please discuss this with your provider as a follow up may or may not be necessary after this procedure.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE.