

## **POST NASAL CAUTERIZATION INSTRUCTIONS**

**Restrictions:** No heavy lifting or straining (over 10 pounds).

### **Medical Advice:**

\* Avoid cigarette smoke.

\* Avoid picking the nose.

\*Use Neosprin ointment to the inside of nostril twice a day for 2 weeks.

\*If bleeding persists during the first 2 weeks apply pressure to the entire nose by pinching the nose for at least 15 minutes. If this does not control bleeding or if bleeding is brisk seek medical attention.

\*If bleeding persists after 2 weeks call for an appointment.