

### Board Certified Otolaryngologists

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## Epistaxis (Nosebleed) Instructions

Ocean Saline Spray: 2 squirts every 2-3 hours to each nostril.

Bacitracin Ointment in each nostril twice a day

Use a humidifier in the home, especially in the bedroom

DO NOT blow your nose

DO NOT pick or manipulate your nose

DO NOT bend over or tilt head back

DO NOT strain in the bathroom, use a laxative if necessary

Sneeze with your mouth open

If your nose starts bleeding, pinch your nose for 10 minutes

DO NOT put anything into the nose to stop bleeding, such as Q-tips,  
tissues, etc.