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## Post-Nasal Cautery Instructions

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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 because bleeding could return. Please follow these simple instructions for the next week to ensure that the area heals completely:

- Do not blow your nose for one week
- Sneeze with your mouth open
- Keep your head elevated
- Do not lift items heavier than 10 pounds
- Avoid rigorous physical activity - walking or light aerobic activity only
- Use nasal saline, 3-4 sprays in each nostril three times daily
- Apply ointment to nostril twice daily
- Afrin (oxymetazoline) nasal spray, two sprays each nostril twice a day for three days then discontinue