

NASAL MOISTURIZING AND PROTECTION AFTER A NOSEBLEED

If you experience bleeding, use a nasal decongestant like Afrin. You may spray it in the nose or even soak a cotton ball in it and loosely place it into the side of the nose that is bleeding. Firmly hold the nose shut for 5 minutes while applying ice to the nose and cheeks. Lean slightly forward so blood will not drain down the back of the throat. If still bleeding after 5 minutes, hold nose again for an additional 10 minutes. If bleeding continues longer than 30 minutes or is profuse, you should get medical help.

If you sneeze, open your mouth while sneezing. This will reduce pressure inside the nose.

Use nasal saline spray or gel in both sides of the nose 4 or more times per day.

Coat cotton tipped applicator with bacitracin or petroleum jelly and gently coat the middle of the nose along both sides in the morning and in the evening.

Humidify your bedroom.

Do not lift anything heavy or in any way cause straining to the neck and head for 1 week.

You may gently use a Neti Pot or sinus rinse kit to help clear mucous from your nasal passages.

Do not blow your nose for 1 week.