



# INSTRUCTIONS FOR PATIENTS WITH DRY NOSE, NASAL VESTIBULITIS, OR EPISTAXIS

## AFTER NOSEBLEED OR TREATMENT IN-OFFICE:

- Apply topical ointment, such as **Bactroban, (Mupirocin), Polysporin, Bacitracin, or Triple Antibiotic**—using a Q-tip 2-3 times each day. Do this for 2-3 weeks before switching to Ayr saline gel.
- After 2-3 weeks, you may use **Ayr saline gel** each night to prevent dryness. Apply with a clean fingertip or Q-tip. This may be used indefinitely, especially if you are in a dry climate or dry area.
- Avoid any nasal digitalization.

## IF YOU DEVELOP A NOSE BLEED:

- Use a cotton strip from a cotton ball to pack the bleeding nostril. In many cases, if you soak the cotton with **Afrin (oxymetazoline) nasal spray**, this will assist in stopping the bleeding. If cotton is placed, we recommend leaving it in place for 12-24 hours. It may be beneficial to squeeze the nostrils together for 15 minutes to stop bleeding.
- We suggest elevating the head approximately 45-degrees or on three pillows.
- If you cannot stop the bleeding, contact us, or the emergency room outside of office hours.

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