

NY Center For
Ear, Nose Throat, Sinus & Allergy, LLP

KANHAIYALAL KANTU, M.D., F.A.C.S.
SANJAY KANTU, M.D.
MANOJ KANTU, M.D.
DIPLOMATES AMERICAN BOARD
OF OTOLARYNGOLOGY

SINUS & ALLERGY
FACIAL PLASTIC SURGERY
HEARING & BALANCE DISORDERS
SNORING & SLEEP APNEA
HEAD & NECK SURGERY

INSTRUCTION SHEET FOR NOSE BLEED

Nosebleed is often triggered by injuring blood vessels in the nose with q-tips, fingernails, forceful nose-blowing, or blunt trauma. Now that you have seen Dr. Kantu, carefully follow the instructions below, and your nose will heal more quickly :

DO

1. Use a nasal saline spray or gel as prescribed by your doctor
2. Use a vaporizer or humidifier at home.
3. Keep you head elevated on 2 pillows during rest
4. Use a laxative, if needed, to avoid straining
5. When sneezing, keep your mouth open to expel the sneeze

DO NOT

1. Pick your nose or insert anything into it (q-tips, tissues, etc.)
2. Take any aspirin-containing medications
3. Blow your nose
4. Bend, lift, or engage in strenuous exercise
5. Smoke

IF NOSEBLEED OCCURS AGAIN :

1. Sit with your head looking forward and **pinch the lower half of your nose between your thumb and index finger, holding pressure for at least 15 minutes.**
2. If your nose bleeds again after releasing pressure, **repeat step 1 again.**
3. If bleeding persists after these measures, contact your doctor or go to the nearest **Emergency Room.**

If you currently have nasal packing, spray saline onto the pack every 2 hours to prevent it from drying out. Make an appointment with Dr. Kantu to have the packing removed.