



- Otolaryngology
- Head & Neck Surgery
- Ear, Nose & Throat
- In-Office Balloon Sinuplasty
- Hearing Aids
- Sinus Specialist
- Pediatrics & Adults
- Sleep Apnea Surgery

## CARE AFTER A NOSEBLEED

- Avoid activities that increase your heartbeat and blood pressure.
- Cough and sneeze with your mouth OPEN.
- DO NOT blow your nose for a minimum of one week.
- Avoid bending over and heavy lifting.
- Avoid hot showers.
- Use **Bacitracin ointment** (over-the-counter) every morning and evening for one week.

## TO STOP A NOSEBLEED

- Fully saturate a cotton ball with **Afrin® Nasal Spray** (over-the-counter).
- Place the cotton ball in the bleeding nostril.
- Pinch and hold your nose for 15–20 minutes with your chin DOWN.

**If you are unable to stop the bleeding, call 911 or our office at (248) 844-2936, or go to the nearest hospital.**

