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## Epistaxis Instructions

### Patient instructions:

- 1) No nose blowing for one week
- 2) Sleep with head elevated 30 degrees at bedtime
- 3) Use Ocean saline spray in each nostril two sprays/nostril four times daily
- 4) No heavy lifting or straining. Try not to bend over.
- 5) Apply antibiotic ointment to nose as directed
- 6) Take antibiotic as prescribed
- 7) Hold any aspirin products or anti-inflammatory medications (Use Tylenol as needed for pain.)
- 8) f/u in 2 weeks
- 9) call if any problems, or recurrence of nose bleeding