Epistaxis (Nosebleed) Instructions

• Mix a solution of 16 ounces of boiled water and one half teaspoon of salt. Allow to cool, cover and use as follows:
• OR use Ocean spray or Neilmed sinus rinse

• Irrigate nose with salt water solution twice per day using a bulbsyringe (this can be purchased at your local pharmacy).

• Use Vaseline (petroleum jelly)/ antibiotic ointment twice per day with a cotton swab after irrigation.

• Buy a cool/warm humidifier from your local pharmacy and use it at night.

• If bleeding begins, pinch nose and hold for 5 mins.
• Breathe through your mouth.

• If bleeding does not stop, go to your nearest Urgent Care facility or Emergency Room.

• If your nose is packed, it will stay in for 3-5 days. Once removed, start steps 1-5

• **DO NOT** blow your nose for at least two weeks.
  - If you sneeze, make sure you keep your mouth open.