

Nasal Caution: Care After Treatment

Nosebleed Treatment with Silver Nitrate Caution (a chemical used to seal the bleeding area)

This sheet explains how to care for your nose after treatment to stop a nosebleed.

WHAT IS NORMAL

- Mild burning or soreness in the nose
- Small amount of dark or blood-stained mucus
- Dryness or crusting inside the nose

These symptoms usually improve over a few days.

WHAT TO AVOID (FOR 7–10 DAYS)

- Do not blow your nose
- Do not pick or touch inside your nose
- Avoid heavy exercise or lifting
- Avoid hot showers or steam for 48 hours
- If you sneeze, keep your mouth open

HOW TO CARE FOR YOUR NOSE

- Apply a small amount of NOZOIL OTC or petroleum jelly (Vaseline) just inside the front of the nostril twice a day for 7–10 days, or as directed.
- You can use a gentle saline spray or saline gel after 24 hours for dryness or crusting
- Use a humidifier at home if the air is dry
- Ask your doctor when to restart prescription nasal sprays. The timing depends on the spray and why you use it.

IF BLEEDING HAPPENS AGAIN

If bleeding is heavy, you feel faint, or you have trouble breathing, call 911. Do not wait through the steps below.

For lighter bleeding:

- Sit up and lean forward
- Pinch the soft part of your nose firmly for 15 minutes without checking
- If bleeding continues, repeat once
- If it continues after two 15-minute cycles or is getting worse, go to the Emergency Department.

GET MEDICAL HELP:

- Call 911 for heavy bleeding, fainting, or trouble breathing
- Go to the Emergency Department if bleeding continues after two 15-minute cycles or is getting worse
- Contact the clinic for fever or worsening pain
- Contact the clinic for swelling or signs of infection
- Contact the clinic for repeated nosebleeds

FOLLOW-UP

Most people do not need a routine follow-up.

Contact the clinic sooner if bleeding returns, keeps happening mainly from one nostril, or does not improve. Do not wait a month.

CONTACT

During clinic hours: Call Saskatoon ENT Clinic.

After hours or severe bleeding: Go to the nearest Emergency Department.

These instructions add to the advice your doctor gave you today.