

## Nosebleed (Epistaxis)

Your doctor has diagnosed you with nosebleeds (epistaxis). The most common causes of nosebleeds are drying of the nasal membranes and nose picking (digital trauma), which can be prevented with proper lubrication of the nasal passages, especially in the dry Arizona heat.

- After removal of packing or cautery that is done in office, no heavy lifting or straining for two to three days.
- Use Bacitracin one to two times per day. Apply inside the nostrils at nighttime and when you wake up.
- Do not blow your nose forcefully, and sneeze with your mouth open.
- Do not pick your nose with your finger or tissue.
- Tylenol is best for pain.
- Avoid medicines like Aspirin, Ibuprofen, Motrin, Aleve or Advil. They may easily cause bleeding.

Use NeilMed NasoGel to help with dryness. Apply to inside of the nostril three to four times per day. Think of this as “chapstick for the nose”.