

Epistaxis (nose bleed): Advice after cautery

A small blood vessel in your nose has been cauterised with a chemical (silver nitrate) stick to stop it bleeding. This leaflet gives you advice on preventing further bleeds and what to do if you do get a nose bleed.

Preventing further bleeds

You should follow these precautions for at least 2-3 days or until after all bloodstained discharge has stopped.

- Avoid very hot drinks.
- Avoid very hot baths.
- Do not blow our nose – sniff instead.
- Do not pick your nose – a small scab will form where the blood vessel has been cauterised and this scab should not be disturbed.
- If you need to sneeze, do it with your mouth open.
- Avoid any strenuous activity. This may mean time off work if you have a very active job.
- Avoid smoking, smoky atmospheres and drinking alcohol.
- You may be given some antibiotic cream to apply (or you can use Vaseline) – gently rub this just inside the nostril and not right inside the nose.

If your nose starts bleeding again

- Lean forward over a bowl.
- Pinch the fleshy part of your nose firmly for the next 5-10 minutes.
- Put some ice in a bag (or a bag of frozen peas etc) over the bridge of your nose for 10 minutes.
- If your nose continues to bleed briskly for more than 20 minutes or if you are worried about the severity of the bleeding, contact your GP, ENT Department or Dorrell Ward for advice (see numbers below).
- If you continue to have small amounts of blood from your nose for more than 4 weeks, contact your GP for advice.

How to contact us

Ear, Nose & Throat Department (Monday to Friday, 9am to 4pm) Tel: 0118 322 7139
Dorrell Ward Tel: 0118 322 7172 or 0118 322 8101

For further information about the Trust, visit www.royalberkshire.nhs.uk