

**OTOLARYNGOLOGY – FACIAL PLASTIC SURGERY OF LONG ISLAND, P.C.**

**NY Facial Plastics**

**NY Facial Surgical Facility, LLP**

**NY Facial Sinus and Skull Base Center**

**B. Todd Schaeffer, MD, FACS**

**Moshe Ephrat, MD, FACS**

Fellow

American College of Surgeons

American Academy of Otolaryngology – Head and Neck Surgery

American Academy of Facial Plastic and Reconstructive Surgery

Affiliated Hospitals

North Shore University Hospital

Long Island Jewish Medical Center

Schneider Children's Hospital

Day – Op of Long Island

Mount Sinai Medical Center, NY

[www.Island ENT.com](http://www.IslandENT.com)

**INSTRUCTIONS FOR EPISTAXIS (NOSEBLEEDS)**

1. NEOSYNEPHRINE ½ PERCENT FOUR TIMES A DAY FOR FOUR DAYS OR AFRIN TWICE A DAY
2. SALINE NOSE SPRAY FOUR TIMES A DAY FOR FOUR WEEKS.
3. NO NOSE BLOWING FOR TWO WEEKS.
4. COOLS MIST HUMIDIFIER IN BEDROOM AT NIGHT.
5. CAUTERIZATION AS NEEDED.
6. KEEP HEAD ELEVATED ON TWO PILLOWS.
7. IF NOSE REBLEEDS, SATURATE COTTON WITH NEOSYNEPHRINE OR AFRIN, PLACE COTTON IN THE NOSE, PINCH NOSTRIL FOR TWENTY MINUTES. REMOVE COTTON. (pinch bottom of nostrils)
8. NO ASPIRIN OR ASPIRIN CONTAINING COMPOUNDS SUCH AS ADVIL, MOTRIN, NUPRIN, NAPROSYN AND PLAVIX FOR TWO WEEKS.

**BTS/el**

12/08

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