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Instructions for Nosebleeds

- **After treatment for nosebleed: Use 2 gentle sprays of nasal saline spray in each with a gentle inhalation 4 times each day for several weeks.**
- **Avoid picking or cleaning inside the nose, you may blow gently after, but avoid squeezing or cleaning inside the nose after blowing.**
- **Place a dab of Bacitracin ointment, using a Q-tip to paint only inside the front of each nostril 2 or 3 times each day for 3 weeks, DO NOT place ointment on the treated site.**
- **If nose bleeds heavily:**
 1. **Blow any large clots from nose**
 2. **Use 3 sprays of Afrin (found over-the-counter) in each nostril then immediately squeeze soft part of nose between thumb and finger and don't let go for 10 minutes (breathe thru mouth)**
 3. **Use 2 sprays of Afrin in each nostril every 10 minutes for 3 more times, repeat entire step 1 & 2 only if the nose starts bleeding again.**
 4. **If heavy bleeding should persist call the Nurse Advice Unit (after hours) or go to the Emergency room.**
- **Nurse Advice Unit: (909) 862-1191**