**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.

It is not unusual to get some light bleeding in the first couple of weeks following cauterisation

**Preventing further bleeds**

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

* Avoid very hot drinks.
* Avoid very hot baths.
* Do not blow your 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 or back of the neck for 10minutes.
* 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.
* If you continue to have small amounts of blood from your nose for more than 4 weeks, contact your GP for advice.

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