



**Lubbock**  
SINUS DOCTOR

### **Postoperative Instructions for Control of Epistaxis**

1. Try to avoid blowing your nose for 2 weeks.
2. Apply over the counter Bacitracin antibiotic ointment to the cauterized area 4 times a day. Use your little finger or a Q-tip.
3. Expect nasal crusting for a few weeks. It takes a few weeks for the cauterized areas to heal.
4. Do not use nasal sprays during the healing process.
5. You may have some slight bleeding during the healing process.
6. Some areas may require cauterization more than once.
7. There is a small chance that cauterization will lead to a nasal septum perforation. Further surgery in the operating room may be required to address the perforation.

I, \_\_\_\_\_, confirm that I have read and understand the information provided before the date of surgery.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date