



FARMINGTON
EAR, NOSE & THROAT



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NASAL CAUTERY INSTRUCTIONS

- No bending, stooping or heavy lifting for 3-5 days after cautery.
- There may be some light spotting after cautery, this is normal. If your nose begins to bleed again, place over the counter Afrin nasal spray on a cotton ball, place up the side of the nose that is bleeding and hold pressure for 5 minutes. Sometimes this will need to be repeated a few times but in most cases this will control the nose bleed. If note, please contact our office at the above listed number.
- DO NOT BLOW YOUR NOSE for a week after the cautery.
- Saline nasal spray may be used for nasal congestion since you will not be able to blow your nose afterwards.
- We may have you hold your blood thinner for a few days until your nose heals. Your provider will instruct you on what medications to stop taking at the time of your appointment.