

Nose Cauterization Instructions

If your nose has been cauterized in the office or in the OR due to excessive nosebleeds this sheet will give you instructions on after-care.

Pain

Pain is usually minimal after cauterization and should subside within the first hour. If you are still having pain, then you can manage the pain with Tylenol and Motrin.

Medications

You will usually be given instructions to moisturize your nose with ointment and saline. It is very important to keep the nose moist to minimize the chance of a nasal scab drying and causing recurrent bleeding. You may be given a prescription or instructed to use OTC ointments.

Discoloration

It can be normal to have some gray and brown discoloration on the outside of your nose if silver nitrate was used. You can use soap and water to wash this off and the discoloration usually resolves in 1-2 days.

Activity

Children (under the age of 18)- Avoid blowing the nose for 12 hours after the procedure. Avoid strenuous activity for 4 hours after the procedure.

Adults - Avoid blowing the nose for 1 week after the procedure. Avoid strenuous activities and bending such that your head is below your heart for 1 week after the procedure.

Fever

Fever is uncommon after the procedure and is unlikely related to the procedure, but if you have a fever, you can treat it with Tylenol and Motrin.

Bleeding

It can be normal to have breakthrough nosebleeds following cauterization. This can happen as the cauterized scab falls off. These nosebleeds should diminish over the course of a week. If you have excessive bleeding, please follow the below steps for management:

1. Perform a vigorous saline rinse.
2. Gently blow your nose (to get the clots out).
3. Spray 4 sprays of OTC Afrin Nasal Spray (or decongestant spray) in each nostril every 4 hours as needed.
4. Hold pressure (pinch entire nose closed, both sides) for 20 minutes

If you are still unable to control the severe nosebleed despite the above measures, then you may need to go to the Emergency Room for possible packing.