



Dr. *Francis* T. Hall

EAR, NOSE, THROAT, HEAD & NECK

## Nasal cautery

Nasal cautery is a simple easy painless procedure done in the clinic to control a nose bleed. Cautery seals the blood vessel where the bleeding has been coming from.

This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to achieve a good result.

### What to expect?

Nasal cautery is done under local anaesthetic in the clinic. You are awake but the area of interest will be numb. Dr Hall will spray some local anaesthetic spray into each nostril and place small pieces of cotton wool soaked in local anaesthetic and adrenaline into your nose. After a few more minutes the area inside the nose will be numb, the outside of the nose will not be numb.

Once the area inside the nose is numb, Dr Hall will remove the cotton wool and cauterise the blood vessel where the bleeding has been coming from. This is a painless procedure.

### How can you care for yourself at home?

#### Activity:

- As there is no sedation it is safe to drive after your biopsy.
- In order to reduce the chance of bleeding, avoid strenuous activities, such as bicycle riding, jogging, weight lifting, or aerobic exercise, for one week after nasal cautery.
- **No not blow your nose for a week after nasal cautery as this may induce bleeding.**

#### Ointment:

- Dr Hall will prescribe Bactroban ointment to apply to the partition (nasal septum) on the side that was cauterised. Just place a small amount of ointment on your finger and dab the ointment onto the nasal septum. You do not need to rub it in. Do this twice a day for 10 days.

#### Pain medicines:

- After nasal cautery your nose may be a little sore. Most people notice no or very little difference. If it is sore take paracetamol (Panadol). It is best not to take anti inflammatories (like Brufen, Voltaren, aspirin) as they may cause bleeding.

#### What to expect in the week after nasal cautery:

- It is common to have small nose bleeds in the week following nasal cautery while the nose is healing. These bleeds are usually easily controlled by sitting down, leaning forward and holding the soft lower part of the nose firmly and constantly for 5-10 minutes.

#### How long will nasal cautery control my nose bleeds?

- Nasal cautery usually works for at least one year.
- It can easily be repeated if necessary.

**Problems:**

- If you have a large nose bleed which is not stopping, go to the emergency department and call Dr Hall.
- Very occasionally some of the silver nitrate which is used to cauterise the blood vessel can leak out of the nose onto the skin around upper lip and nostril. This may cause temporary staining of the skin for a week.

**Any problems call or text Dr Francis Hall on 021 733 677**

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