

## Post-Nasal Caustery Care

1. Use antibiotic ointment or Vaseline® in nostrils two times a day for two weeks.
2. Also, use a saline mist spray two to three times a day.
3. After two weeks, stop ointments and use nasal saline gel (such as Afrin® Nasal Saline Gel) at bedtime.
4. Continue to use saline mist spray two to three times a day, about three days a week.
5. If there is an active nosebleed, use two sprays of over-the-counter Afrin® in the nose. Apply direct pressure to the tip of the nose for 10 to 15 minutes or until bleeding stops.