

**Eastern Carolina ENT Associates, PA
(919) 934-0948**

EPISTAXIS/SPLINT REMOVAL INSTRUCTIONS

1. Saline nasal spray (AYR): 2 sprays in each nostril every 1-2 hours each day
2. Saline Irrigations: 1 heaping tsp of salt, 1/2tsp of Baking Soda. Add to one pint of lukewarm tap water.
3. Neosynephrine nasal spray: 2 sprays in each nostril twice a day for four (4) days. Discontinue after four (4) days.
4. Bedside Humidifier at nighttime.
5. Neosporin Ointment: Apply to anterior nares with Q-Tips twice a day.
6. Steam Showers AM/PM