



Advocate Medical Group

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NOSE BLEED INSTRUCTIONS:

- Sleep with your head elevated
- Do not exert yourself
- No bending or stooping
- Sneeze through your mouth
- No aspirin or ibuprofen
- If you take a blood thinning product such as Coumadin or Plavix, please contact your prescribing physician for instructions on taking this medication.
- Use Afrin (over the counter nasal spray) for active bleeding only.
- Please go to your nearest emergency room for uncontrolled bleeding after office hours.