

Discharge Information

Patient Discharge Instructions:

Be sure to take all antibiotic pills or drops if prescribed by your doctor as directed. You may feel pressure and discomfort after the placement of the RAPID RHINO pack. If your pain level increases even after taking any medications recommended by your physician seek care immediately. It is recommended that you do not pull on or attempt to adjust the RAPID RHINO pack while it is placed. In order to ensure optimal results blowing your nose is not recommended. You should avoid breathing in tobacco smoke or cleaning products as they may irritate your nose. If possible, stay in humid environments or use saline nasal sprays to keep your nose moist, allow it to heal, and help with congestion in the non-bleeding side.

You may wish to ask your doctor the following questions:

- What medications and nasal sprays should I take?
- Do I have an anterior or posterior nosebleed and what is the difference?
- What should I do if the bleeding continues at home?

If you experience any of the issues below seek medical care immediately

- Your nose continues to bleed after being discharged from the site of care (experienced as coughing up blood from the back of your throat)
- The RAPID RHINO pack becomes loose and migrates in or out of your nose.
- You feel weak or dizzy
- You have trouble breathing
- You experience trouble standing up Your pain level increases
- You develop a fever
- You begin vomiting
- You have concerns about your condition or questions about your treatment

Note: If you experience another nose bleed event seek care immediately. Prior to reaching a site of care tilt your head forward and apply pressure to the front of your nose using two fingers while breathing through your mouth. You will want to apply pressure across the bridge of your nose in such a fashion as to close off both of your nostrils. In the event that blood travels down your throat into your stomach it may stimulate nausea and vomiting.



Supporting healthcare professionals for over 150 years

Manufactured by:
ArthroCare Corporation
7000 West William Cannon Drive
Austin, TX 78735 USA

Distributed by:
Smith & Nephew
150 Minuteman Road
Andover, MA 01810 USA

www.smith-nephew.com

◊Trademark of Smith & Nephew.
©2016 Smith & Nephew.
All rights reserved.
P/N 83326 Rev. A 11/16