



EAR, NOSE, THROAT AND SINUS CLINIC

505 Dunn Street
P.O. Box 66
Houma, LA 70361
PH: (985) 872-0423
FAX: (985) 872-6600

A Professional Medical Corporation
David L. Hagen, M.D.
Matthew G. Beyer, M.D.
Chad M. Simon, M.D.

1125 Audubon Ave.
Thibodaux, LA 70301
PH: (985) 448-1030
FAX: (985) 448-1033

Amber Hebert, FNP-C
Nurse Practitioner

Roxanne Hebert, LicHIS
Hearing Instrument Specialist

MOIST NOSE PROTOCOL

1. Use a humidifier at night.
2. Saline spray (any brand) at least two squirts to each nostril every four hours while awake.
3. Plain Robitussin as directed on box to help liquefy mucous and moisten the sinus membrane.
4. No ceiling or box fans blowing directly on you. This includes heater/air conditioner vents which can dry out the sinuses, especially while sleeping.

NOSEBLEEDS

1. If oozing occurs, Afrin Nasal Spray (over the counter) as directed on the box, can help control the ooze.
2. If bleeding occurs, pinch the nose gently and lean head forward. If unable to stop bleeding on your own, notify one of our doctors or if after hours the emergency room.
3. Gets lots of rest, keep calm, and refrain from strenuous exercise and over- exertion.
4. Apply triple antibiotic ointment (Bacitracin, Neosporin) to nostrils twice daily.