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## A single nasal cautery is sufficient prior to discharge: Our experience from 560 procedures

**Introduction:** Epistaxis is the most common ENT emergency and accounts for 25,000 hospital visits each year in the UK. Nasal cautery with silver nitrate in an identified bleeding point is recommended as the first line treatment for epistaxis by the British Rhinological Society.

**Objectives:** To monitor the outcomes of nasal cautery in our hospital and compare with the reported in the recent national epistaxis audit. To standardise our practice in terms of follow-up based on the results.

**Methods:** Patients who underwent nasal cautery on a hospital visit from Dec 2015 to Dec 2018 were identified through the electronic medical records. Patient characteristics date and outcome of the clinic visit (follow-up/discharge), type of operator (SHO, SpR, Consultant) and recurrence with a need for repeat cautery were measured.

**Results:** We identified 461 patients who underwent 560 nasal cauteries. Forty-eight percent were children and the overall median age was 18 years. Of these, 17.4% had the procedure

done more than once, but only 8.7% required repeat cautery in less than sixty days. There was no difference in outcomes depending on the grade of the operator. Children were more likely to have a repeat cauterisation due to recurrence compared to adults. After the procedure a follow-up appointment was arranged for 79.8% of the cases.

**Conclusions:** Nasal cautery with silver nitrate is performed effectively independent of the operator's grade and meets the national standards. Discharging these patients from the clinics should reduce unnecessary visits and increase the capacity for other patients, which is now the standard practice in the department.

### Speaker Biography

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**Received Date:** August 03, 2022; **Accepted Date:** August 05, 2022; **Published Date:** August 30, 2022