DO NOT FORGET · THE SHORT CHECKLIST



Anterior nasal packing

Insertion of an anterior nasal tamponade device to control anterior epistaxis that has not stopped with first aid, topical vasoconstrictors or cautery.

EM Orbit

Patient reference	Date	Time	Completed by

The 4 steps that must not be missed

- [ ] BEFORE
Do not cauterise both sides of the septum at the same visit
Risk of septal perforation.

- [ ] DURING
Never direct the pack upwards towards the skull base

- [ ] DURING
Do not over-inflate a balloon pack
Excess pressure causes pain and pressure necrosis of the septum and alar rim.

- [ ] AFTER
Persistent bleeding despite anterior packing needs urgent ENT review for posterior packing or surgical control



The short list: an aid to memory, not the whole procedure. The full checklist is at the QR code. It does not replace your local protocol or your clinical judgement.
EM Orbit · Emergency medicine, in one orbit · proc-nasal-packing-quick · the short checklist