

# Nosebleeds



## Emergency Department

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[www.bcchildrens.ca](http://www.bcchildrens.ca)

### What causes nosebleeds?

- Injury
- Picking of the nose
- Objects such as small beads, toys, stones, peanuts pushed up the nose
- Too much nasal spray
- Dry air
- Nasal congestion

### How Should I Care for My Child?

1. Reassure your child calmly so that he/she does not panic.
2. Have your child sit up with his head bent slightly forward.
3. Pinch the soft part of her nose closed.
4. After 10 – 15 minutes, check to see if the bleeding has stopped. It is very important to wait at least 10 minutes before you check.
5. If the bleeding has not stopped, put an ice pack wrapped in a towel on the bridge of your child's nose. This may close the blood vessels and stop the bleeding.
6. After another 10 – 15 minutes see if the bleeding has stopped. If not, pinch the nose very hard. Check for bleeding again and if it still does not stop bleeding, go to your doctor or the local emergency department.

If any blood gets in your child's mouth, tell him to spit it out. Swallowing blood may cause nausea and vomiting.

### What Should I Do After the Nosebleed?

After a nosebleed, your child should:

- Dab the outside of the nose instead of blowing it
- Open his mouth if he needs to sneeze.
- Try not to bend over.

- Gently clear her throat. Try not to cough.
- Have something cool to drink.

You can put a small amount of antibiotic cream or petroleum jelly or vaseline on the inside of the nose. Put it along the part of the nose that separates the nostrils once a day for a week.

### What If my Child Gets a lot of Nosebleeds?

If nosebleeds happen often, keep a record of them. Make an appointment with your family doctor to discuss them.

You may get this pamphlet from an Ear/Nose/Throat (ENT) doctor. This doctor may want you to keep a record of the nosebleeds in the next month. Remember to make another appointment for a follow up visit one month from now. Bring the record with you when you come. The doctor will discuss what she/he can do to help if the nosebleeds happen a lot.

### How Can We Prevent Nosebleeds?

- Use a humidifier at home, the humidifier is most helpful in your child's bedroom to keep the air moist.
- Keep fingers, cotton swabs or tissues out of your child's nose.
- Keep your child's fingernails very short.
- Use protective face masks when playing sports.
- Do not give your child aspirin or anti-inflammatory medicine, unless your doctor suggests it. These medicines make it hard for the blood to clot. If you are not sure, call your doctor or pharmacist to ask.
- Use a small amount of antibiotic cream or vaseline inside of the nose to help the area heal.