

## Caring For a Nosebleed

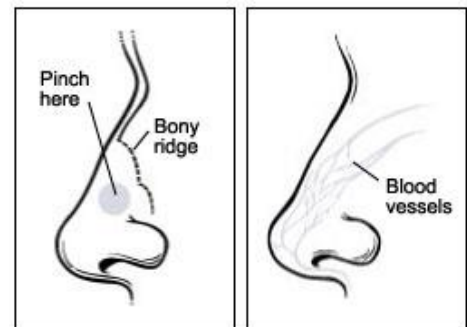
### What causes nosebleeds?

The most common causes of nosebleeds are:

- Dry air in the home.
- Picking the nose.
- Blowing the nose a lot.
- Falling or being hit in the nose.
- Irritation from infection or allergies.

### How is it treated?

- Have your child sit down and lean forward. Do not tip the head backwards or lie down. This may cause your child to swallow too much blood and vomit.
- Use your thumb and first finger to pinch the nostrils together.
- Hold tight for at least 10 minutes. You can also use a Kleenex® or cloth when doing this.
- If the bleeding does not stop after 10 minutes, press the nostrils for another 5 to 10 minutes.
- If you are having difficulties stopping the bleeding with simple pinching together of the nose, you can use Regular Strength Afrin sprayed on a cotton ball. Spray the cotton ball so it is wet and put it in the nostril that is bleeding. Hold for 10 minutes. You can repeat this every 10 minutes for up to 3 times to help the bleeding to stop.
- Once the bleeding has stopped, it is important to apply an over the counter triple antibiotic ointment twice daily for 2 weeks. Put a pea shaped size of the ointment in each of your child's nostrils two times daily.
- It is important to use this every day for 2 weeks in order for the tissue to heal and stop bleeding.
- Using saline to help rinse old blood and crusts out of the nose is also helpful to keep the nose clean.
- If your child had an injury to their nose, ice on the bridge of your child's nose may help stop the bleeding. Wrap the ice in a washcloth. Check with your child's healthcare provider if the bleeding was caused by an injury.
- Your child should not blow their nose for at least 2 hours after the bleeding has stopped.



- An antibiotic ointment can be used to help heal the lining of the nose. It should be put into the nose twice a day for 10-14 days. The easiest way to put this in is to place a pea-sized amount of ointment on your clean finger, and put that finger up to the opening of the nose. Then pinch gently to spread the ointment along the lining of the nose. Wipe away the extra at the opening.

### **How can they be prevented?**

- For good hand hygiene, wash daily with soap and water. Keep your child's fingernails trimmed.
- Treat any underlying condition such as infection or allergies.
- It is important to keep the nose clean.

Watch this video to learn more about how to treat nosebleeds:

<http://blog.chw.org/2014/03/treat-prevent-nosebleeds-children>

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has:

- A nosebleed that is still bleeding after 30 minutes. Continue to have your child lean forward and press the nostrils together as you call.
- Special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**