

Know It All About Nosebleeds



Awareness CLINICAL SERVICES AND PATIENT CARE PROGRAMS

NOSEBLEEDS are a common problem of the school-aged child, resulting from injury, colds, sneezing, allergies, drying of mucous membranes or nose-picking.

Nosebleeds sometime reoccur but are not usually serious. The tip of the nose is the most usual site of bleeding.

PREVENTION

- Use cool mist humidifier or vaporizers in the bedroom
- Treat allergies and colds with decongestants and/or antihistamines as instructed by the doctor
- Spread a small amount of petroleum jelly inside the opening of the nose to prevent drying
- Discourage nose-picking
- Keep child's fingernails closely and smoothly trimmed

TREATMENT

- Have the child sit up and lean head forward
- Reassure the child with calmness in your actions
- Pinch both sides of the nose together between the thumb and forefinger for 10 minutes

HEALTHCARE PROVIDERS SHOULD BE CONSULTED WHEN:

- Bleeding continues after 15 minutes of pressure
- Bleeding occurs at other sites (i.e. ears, gums, or rectum)
- A large amount of blood is lost
- Bruises are present that have not been caused by injury
- Nosebleeds occurring frequently without known cause

This general healthcare information should not be used as a substitute or in place of contacting your child's healthcare provider. If you need further assistance, call 404.250.kids to speak to a pediatric nurse. For more information check out our Web site at www.choa.org and click on "medical library," "for professionals" or "for parents."

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