

# Know About Nosebleeds

Nosebleeds are a common problem of school-age children and can result from injury, colds, sneezing, allergies, drying of mucus membranes, nose-picking or a foreign object being lodged in the child's nose.

Nosebleeds sometimes come back, but they are usually not serious. The tip of the nose is the most common site for bleeding.

## HOW CAN I PREVENT NOSEBLEEDS?

- Treat allergies and colds as instructed by your child's doctor.
- Use a cool mist humidifier in the child's room at night.
- Spread a small amount of petroleum jelly inside the opening of the child's nose to prevent drying.
- Discourage nose-picking and forceful blowing.
- Keep the child's fingernails trimmed.

## HOW IS A NOSEBLEED TREATED?

- Reassure the child calmly and let him know you can help.
- Have the child sit up and lean his head forward to avoid swallowing blood.
- Pinch both sides of the nose together below the bony part for 10 minutes without checking to see if the bleeding has stopped.

## WHEN SHOULD I CALL MY CHILD'S DOCTOR?

Call your child's doctor if:

- Bleeding continues after two, 10-minute attempts to apply pressure
- A large amount of blood is lost (small clots can be normal)
- Injury occurs, which may mean a fractured nose or head trauma
- Bleeding occurs at other sites (e.g., ears, gums or rectum)
- Bruises are present that have not been caused by injury
- Child has a nosebleed that occurs often without a known cause
- An object is stuck in the nose
- The child has dizziness