

Caring for Your Child with Nose Bleeds



How to Stop a Nosebleed

- Have child sit up and lean head **forward**. Do not lay down or put head back.
- Pinch the **soft part** of the nose (below the bone) holding the nose closed.
- Have child breathe through their mouth.
- **Try to keep your child calm.** Crying and screaming can increase bleeding.
- Do not put anything (such as tissue) inside of the nose, this can bring in bacteria and irritate the blood vessels in the nose
- **Squeeze firmly** and constantly on the soft part of the nose (above the nostrils) for **5 minutes**. If the bleeding does not stop after 5 minutes hold for another **5 minutes**.
- If the nosebleed has not stopped after applying constant pressure for a total of 10 minutes, call your pediatrician for advice. If your pediatrician is not available, or the bleeding is severe and your child is coughing up or vomiting blood, please take your child to the nearest emergency room.



Nosebleed Home Treatment Plan

- **Nails:** Keep child's fingernails clean and short; wash hands often
- **Humidified Air:** In the winter months use a cool mist humidifier in child's bedroom. Be sure to clean it regularly.
- **Nasal Saline Spray:** this is an over-the-counter product. Use spray at least 2-4 times per day. Two sprays per nostril in morning, evening, and when coming home from school or outdoor play. Continue to use until otherwise directed by your physician.
- **Nasal Saline Gel:** Over the counter product (AYR or Nasogel). Gently apply a small pea size to inside of both sides of the nose in the morning and in the evening. Can be applied with soft pad of finger or a Q- tip.
- **Mupirocin 2% ointment:** If needed, your doctor may give a prescription. Use saline spray before the ointment and blow gently to clear buildup. Then, gently apply a small pea size to inside of nose, 1 time the morning, 1 time in the evening. Use **ONLY** for 10 days.