

# Nosebleed

## Definition

- Bleeding from 1 or both nostrils
- Not caused by an injury

## Health Information

### Causes

- Nosebleeds are common because of the rich blood supply of the nose. Common causes include:
- Dryness of the nasal lining. In the winter, forced air heating often can dry out the nose.
- Allergy medicines (Reason: Dry out the nose)
- Nasal steroid sprays
- Vigorous nose blowing
- Ibuprofen and aspirin (Reason: Increases bleeding tendency)
- Suctioning the nose can sometimes cause bleeding
- Picking or rubbing the nose
- Factors that make the nasal lining more fragile. Examples are nasal allergies, colds and sinus infections.

## Care Advice

### 1. Overview:

- Nosebleeds are common.
- You should be able to stop the bleeding if you use the correct technique.
- Here is some care advice that should help.

### 2. Squeeze the Lower Nose:

- Gently squeeze the soft parts of the lower nose together. Gently press them against the center wall for 10 minutes. This puts constant pressure on the bleeding point.
- Use the thumb and index finger in a pinching manner.
- If the bleeding continues, move your point of pressure.
- Have your child sit up and breathe through the mouth during this procedure.
- If rebleeds, use the same technique again.

### 3. Put Gauze Into the Nose:

- If pressure alone fails, use a piece of gauze. Wet it with a few drops of water. Another option is to put a little petroleum jelly (such as Vaseline) on it.
- Insert the wet gauze into the side that is bleeding. Press again for 10 minutes. Reason it works: The gauze puts more pressure on the bleeding spot.
- Special nose drops: If your child has lots of nosebleeds, buy some decongestant nose drops. An example is Afrin. No prescription is needed. Put 3 drops on the gauze, insert and press. These nose drops also shrink the blood vessels in the nose.
- Caution: don't use decongestant nose drops if your child is younger than 1 year.
- If you don't have gauze, use a piece of paper towel.
- Repeat the process of gently squeezing the lower soft parts of the nose. Do this for 10 minutes.

#### 4. **Prevention of Recurrent Nosebleeds:**

- If the air in your home is dry, use a humidifier. This will keep the nose from drying out.
- For nose blowing, blow gently.
- For nose suctioning, don't put the suction tip very far inside. Also, move it gently.
- Do not use aspirin and ibuprofen. Reason: Increases bleeding tendency.
- Bleeding areas in the front of the nose sometimes develop a scab. The scab may heal slowly and re-bleed. If that happens to your child, try this: Apply a small amount of petroleum jelly (Vaseline) to the spot. Repeat twice daily for a few days.

#### 5. **What to Expect:**

- Over 99% of nosebleeds will stop if you press on the right spot.
- It may take 10 minutes of direct pressure.
- After swallowing blood from a nosebleed, your child may vomit a little blood.
- Your child may also pass a dark stool tomorrow from swallowed blood.

### **Call Your Doctor If**

- Can't stop bleeding with 10 minutes of direct pressure done correctly
- You think your child needs to be seen
- Your child becomes worse

#### **Pediatric Care Advice**

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