

NOSEBLEEDS

- 1.) **Definition:** Nosebleeds are very common in children, especially in the winter when the air is dry. They are usually caused by dryness in the nasal lining plus normal rubbing and picking that all children do.
- 2.) **Treatment:** Have your child sit up and lean forward so he/she does not have to swallow the blood. Give them a basin to hold so he/she can spit out any blood that drains from the nose/mouth. Tightly pinch the soft parts of the nose together for a full ten minutes (time it by the clock) and don't release it before ten minutes are up. During this time, tell your child to breathe through his mouth. If the bleeding continues, it means you are not pressing on the right spot.
- 3.) **Prevention:** A small amount of Vaseline applied twice daily with a q-tip to the center wall (septum) inside the nose is often helpful for relieving dryness and irritation. Increasing the humidity in the room at night using a humidifier may also be of some help.
- 4.) **Common Mistakes:** A cold wash or ice to the forehead, back of the neck, or under the upper lip does not help to stop nosebleeds.
- 5.) **Call our office urgently if:**
 - a.) The bleeding has not stopped with pressure after two ten-minute trials.
 - b.) There are any associated skin bruises not caused by an injury.
 - c.) A large amount of blood was lost.
 - d.) Nosebleeds occur daily, even after the above prevention measures are taken.
 - e.) There are any other symptoms that concern you.