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NOSEBLEEDS

Nosebleeds are common during childhood. They are often caused by dryness of the nasal lining plus normal rubbing or picking of the nose. Vigorous nose blowing, nasal injuries, foreign objects in the nose, allergies, or infections can also cause nosebleeds.

How are nosebleeds treated?

- Have your child sit up and lean forward. This will help minimize swallowing any blood. Your child can vomit up blood if he swallows any.
- Blow the nose to remove any large clots of blood.
- Pinch the soft part of the nose between your thumb and index finger, holding direct and steady pressure for 5-10 minutes straight without breaks.
- Repeat this 1-2 more times if needed.
- Do not pack the nose with tissues or gauze.
- A washcloth on the forehead, nose, or lip will not stop a nosebleed.

How to help prevent nosebleeds.

- Try not to pick the nose.
- Keep your child's fingernails clipped short and smoothly trimmed.
- Use a humidifier, especially in wintertime, to help keep the nose from getting very dry and irritated.
- Apply a small amount of Vaseline on a q-tip just inside the nose to help prevent irritation.
- Saline drops or saline nasal spray can also help to keep the lining of the nose moist.

Call our office if:

- The nosebleed has not stopping after 20 minutes of direct pressure.
- You child feels dizzy or faints.
- Your child has nosebleeds AND bruises easily, or has bleeding gums after brushing teeth, or blood in the urine.
- Your child is vomiting a lot of blood.
- You are concerned that your child has had a large amount of blood come out the nose.

For any urgent or emergent medical concerns, please call 911 or go immediately to the nearest emergency department.