

## Nosebleeds

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Nosebleeds are most common in children between 3-8 years of age. In fact, more than half of all children in this age group will have at least one nosebleed. Nosebleeds are rare in children under age 2. Children who take anticoagulants or blood thinners of all ages have frequent nose bleeds, especially in the winter months.

**Common Causes of Nosebleeds** include anything that causes a stuffy nose, damage or drying inside the nasal passages can cause nosebleeds. This can include; allergies (hay fever), picking one's nose, cigarette smoke, and a dry and/or cold environment. These things can cause the nasal lining to break down and expose blood vessels that are likely to bleed. The most common area for a nosebleed to happen is just inside the nose on the part dividing the right and left sides (the septum).

**To help prevent nosebleeds** make sure the humidity in your home is between 35-40% or use saline spray/drops 1-3 times a day. Using a nasal moisturizer that is either oil or water based through the winter months may also help prevent nosebleeds. These treatments will help keep the nose free of crusty mucus and may help prevent your child from picking his/her nose.

### How to Manage Nosebleeds

#### Antibiotic ointment

If your child is having a lot of nosebleeds, try applying an over the counter antibiotic ointment in the nose twice a day for 3 to 6 weeks to help repair the lining of the septum. Put a pea-sized amount of antibiotic ointment on a cotton swab and swipe just inside the nose, taking care not to bump the septum. Then massage the outer sides of the nose against the septum to coat the lining of the nose with the ointment. Do one nostril at a time so your child will feel more comfortable.

#### Apply Pressure

If your child is having a nosebleed, apply pressure to the lower soft part of your child's nose by pinching the outer sides of the nose for 10 minutes to help stop the bleeding. Have your child breathe through his/her mouth and spit out any blood clots. Some children may have blood come out of their tear ducts. If this happens, do not be alarmed, just use less pressure when pinching the nose. A cold cloth or wrapped ice pack placed on the back of the neck, while pinching the nose may also help stop the bleeding. Your child should be sitting forward with head tilted down to avoid swallowing the blood. Blood upsets the stomach which may cause your child to throw up.

#### When to be concerned and contact a healthcare practitioner?

- If your child is having a lot of nosebleeds that do not stop after 10 minutes of pinching
- If you have tried the above methods to prevent nosebleeds and the nosebleeds are ongoing.
- Seek emergency care if a nosebleed lasts longer than an hour and you have used the above way to stop the bleeding.