

How to Effectively Stop Nosebleeds

OVERVIEW

Nosebleeds (also called epistaxis) are very common throughout childhood. They're usually caused by dryness of the nasal lining and the normal rubbing and picking that all children do when their noses are blocked or itchy. Children who have nasal allergies are more likely to get them because they rub and blow their noses more. Being hit in the nose or other injuries may also cause nosebleeds.



COMMON MISTAKES IN TREATING NOSEBLEEDS

- ✓ A cold washcloth applied to the bridge of the nose, forehead, back of the neck, or under the upper lip **WILL NOT STOP A NOSEBLEED.**
- ✓ Pressing on the bony part of the nose **WILL NOT STOP A NOSEBLEED.**

HOW TO STOP THE BLEEDING

1. **SPIT:** Have your child sit up, lean **forward** [tilting the head back will cause blood to go into the throat and stomach], and spit out any blood. If blood is swallowed, it will irritate their stomach and will likely be vomited up.
2. **BLOW:** Have your child blow their nose to free any large clots.
3. **PINCH:** Tightly pinch the soft part of the lower nose between your thumb and index finger for a **full 10 minutes:**
 - Have your child breathe through their mouth
 - **DO NOT release the pressure until 10 minutes have passed**
 - If the bleeding continues, you may not be pressing on the right spot

FINAL CONSIDERATIONS

- Please call Children's Medical Group **immediately** if the bleeding doesn't stop after 20 minutes of direct pressure on the nose.
- For additional information please visit our website at www.cmgsagbay.com or call and speak with our nursing staff.