

How to prevent and treat nosebleeds

Up to 60 percent of people experience at least one nosebleed at some point in their lives. Most cases occur in children 2 to 10 years old.

Common causes

Nasal dryness:

Dry nasal membranes are more susceptible to irritation and rupture.

Nasal irritation:

Nose picking, blowing or rubbing (often in connection with allergies).

Foreign bodies:

A toy or piece of food lodged in the nose.



Treatment

Tilt head forward and apply pressure to the nostrils:

Do not tilt your child's head backward — this may cause blood to drain into the throat.

Gently pack the nasal chambers with gauze or cotton balls:

This controls the bleeding and promotes clot formation.



Prevention

- 1 Place a **humidifier** in your child's room.
- 2 Use a **salt-water nasal spray** at least three times a day.
- 3 Apply **antibiotic ointment** to each nostril with a Q-tip every morning and night, focusing on the septum (about half an inch away from the tip of the nostril).

Perform all three actions for one month; if nosebleeds continue, see a pediatrician for further evaluation.

When to call your pediatrician

- Nosebleed does not stop after 15 minutes of applying appropriate pressure
- Nosebleeds occur three or more times a week
- Children with bleeding disorders or low platelets should see their pediatricians immediately if the nosebleed does not stop within 10 minutes

