

First Aid: Nosebleeds

Although they can be scary, nosebleeds are common in children and usually aren't serious. Most stop on their own and can be treated safely at home. Nosebleeds occur more often in winter and when the air is dry.

What to Do

- ▶ Have your child sit up with his or her head tilted slightly forward. **Do not have the child lean back** (this may cause gagging, coughing, or vomiting).
- ▶ Pinch the soft part of the nose (just below the bony part) for at least 10 minutes.

Seek Medical Care

If Your Child:

- ▶ has nosebleeds often
- ▶ may have put something in the nose
- ▶ tends to bruise easily or has heavy bleeding from minor wounds
- ▶ recently started a new medication

Seek Emergency Medical Care

If Bleeding:

is heavy
is accompanied by dizziness or paleness
continues after two or three times of applying pressure for 10 minutes each
is the result of a blow to the head or a fall

Think Prevention!

To help prevent dryness in the nose, use saline (saltwater) nasal spray or drops (or put petroleum jelly on the inside edges of the nostrils), and use a humidifier in your child's bedroom. Discourage nose picking and keep kids' fingernails short.

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