

NOSEBLEEDS

Very common in children, especially in the winter – usually caused by dryness and normal rubbing and picking

Treatment:

Sit the child up and lean them forward, have them spit out any blood in mouth. Apply pressure to the soft parts of the nose for 10 minute intervals – have the child breathe through the mouth. If frequent, can apply petroleum jelly (Vaseline) to lining of nose and use humidifiers in the house.

Call immediately if:

Bleeding continues after 20 minutes of constant pressure, bruises are noted that do not appear to be caused by an injury, or large amount of blood loss.

Call during regular office hours if:

- Nosebleeds occur daily even if preventative measures described above are taken
- The child seems more pale or tired than usual or there are other concerns.

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