

Dr A. K. GULATI, M.D. (Pediatrics)  
A-50 Naraina Vihar, New Delhi, India 110028  
Phone: 9999888581  
Email: [mail@drakgulati.com](mailto:mail@drakgulati.com)  
Website: [www.drakgulati.com](http://www.drakgulati.com)

## NOSEBLEED



*Nosebleeds are very common throughout childhood and caused by dryness of the nasal lining plus the normal rubbing and picking that all children do when the nose becomes blocked or itchy. Vigorous nose blowing can also cause bleeding. All of these behaviors are increased in children with nasal allergies. Nosebleeds are generally very harmless and will stop on their own and can be easily managed at home.*

### HOME CARE :



- **Lean Forward and Spit Out Any Blood.** Have your child sit up and lean forward so he does not have to swallow the blood. Have a basin available so he can spit out any blood that drains into his throat. Blow his nose free of any large clots that might interfere with applying pressure.
- **Squeeze the Soft Part of the Nose.** Tightly pinch the soft parts of the nose against the center wall for 10 minutes. Don't release the pressure until 10 minutes are up. If the bleeding continues, you may not be pressing on the right spot. During this time, your child will have to breathe through his mouth.
- **If Bleeding Continues, Use Vasoconstrictor Nose Drops and Squeeze Again.** If the nosebleed hasn't stopped, insert a piece of gauze covered with vasoconstrictor nose drops (e.g., Otrivin) or petroleum jelly into the nostril. Squeeze again for 10 minutes. Leave the

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gauze in for another 10 minutes before removing it. If bleeding persists, call our office but continue the pressure in the meantime.

Swallowed blood is irritating to the stomach. Don't be surprised if it is vomited up.

### **COMMON MISTAKES IN TREATING NOSEBLEED:**

- Pouring water over the head.
- A cold washcloth applied to the forehead, back of the neck, bridge of the nose, or under the upper lip does not help to stop a nosebleed. Pressing on the bony part of the nose does not stop a nosebleed.
- Avoid packing the nose with anything, because when the packing is removed, bleeding usually recurs.

### **PREVENTION**

- A small amount of petroleum jelly applied twice each day to the center wall (septum) inside the nose is often helpful for relieving dryness and irritation.
- Increasing the humidity in the room at night by using a humidifier may also be helpful.
- Get your child into the habit of putting 2 or 3 drops of warm water in each nostril before blowing a stuffy nose.
- If your child has nasal allergies, treating them with antihistamines will help break the itching-bleeding cycle.
- Keep your child's nails short to prevent injuries from nose picking.
- During sports or other activities that could cause a nose injury, child should wear protective equipment.
- Avoid disprin. One disprin can increase the tendency of the body to bleed easily for up to a week and can make nosebleeds last much longer.