Nose bleeds are very common in children. They can be caused by dryness of the inside of the nose. Rubbing or picking inside the nose can also cause the nose to bleed. It is usually easier to prevent nose bleeds than to treat them.

**Home care (if a nose bleed occurs):**

1. Have your child sit up and gently blow his nose to remove any large clots of blood already in the nose-unless you have been instructed not to do so.

2. Apply pressure to your child's nose by pinching tightly and continuously, with the thumb and index finger, for 10 minutes (by the clock). During this time, tell your child to breathe through his mouth. Be sure to have your child sit up. Do not tip his head back. This can cause blood to drain down the back of the throat and be swallowed.

3. If bleeding does not stop, continue pressure for another 10 minutes (by the clock).

4. After bleeding stops, do not let your child blow his nose for 12 hours. Do not let your child pick at his nose or put anything into his nose.

5. Have your child rest or play quietly to keep his nose from bleeding again.

6. Your child may complain of an upset stomach or vomit if blood is swallowed during the nose bleed.

**To help prevent nose bleeds:**

- Use a cool humidifier (especially at night) in your child’s room or in the house to decrease dry air. Remember to keep the humidifier clean, per the manufacturer’s instructions.

- Put a small amount of petroleum jelly (Vaseline®) to the center wall inside of the nose. Do this twice a day (morning and night) to help with dryness and irritation to the nose.

- Keep your child’s fingernails clipped and put mittens on his hands to help from picking at his nose (especially at night).

- You can use saline nasal spray (such as Ocean® nasal spray, Hu-mist®, Ayr®, Salinex®) to moisturize the nose and prevent dryness or crusting. The saline nasal sprays are available over-the-counter at most pharmacies.
Call your child’s doctor or the Children’s Mercy Hospital Information Line at (816) 234-3188 if:

- Your child’s nose bleed does not stop after 20 minutes of direct pressure (as described above).
- Your child faints or feels dizzy after having a nose bleed.
- Your child has more than five nose bleeds in a week.
- Your child bruises easily or has a fine purplish rash.
- You have questions or concerns about your child’s nose bleeds.
- Your child’s nose bleed is caused by a hard blow to the nose or face.

**Special Instructions:**

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