



## NOSEBLEEDS

This handout was written to answer some of the questions most often asked about nosebleeds. Feel free to ask your doctor or nurse to go over any information you do not understand.

### WHAT IS A NOSEBLEED?

Bleeding from the nose can happen very easily because the lining of the nose is very delicate. There are many small blood vessels on the inside of the nose. These blood vessels may break if the nose is hit or scratched inside, causing the nose to bleed. Other things may cause the blood vessels to break. Blowing your nose too hard or picking your nose may cause it to bleed. Sometimes nosebleeds are caused by serious diseases. If your child's nose bleeds often, you should take him to the doctor.

### HOW TO STOP THE NOSEBLEED?

If your child is having a nosebleed there are a few things you can do to stop the bleeding. If these do not stop the nosebleed, then call your doctor for advice.

1. Have your child sit up and lean his/her head slightly forward.
2. Encourage your child to gently spit out any blood.
3. Do not have your child lie down.
4. Try to quiet your child.
5. Do not let your child blow his/her nose or wipe it for several hours. Blowing or wiping the nose may cause it to start bleeding again.

***The information contained in this handout is for general information only and should not be considered complete. For more information on nosebleeds, please ask your doctor or nurse practitioner.***

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