

managing nosebleeds

what is a nosebleed?

Bleeding from the nose can occur very easily because the lining of the nose is very delicate. There are many small blood vessels on the inside of the nose. These tiny blood vessels may break if the nose is hit or scratched inside, causing the nose to bleed. Other things may also cause the blood vessels to break. Blowing the nose too hard or picking the nose may cause it to bleed. Nosebleeds may occur more frequently if a child has a bleeding disorder such as von Willebrand Disease or a Platelet Disorder.



how to stop a nosebleed

- Have the child GENTLY blow their nose to clear the nose of any soft, ineffective clots. This may not be possible in very young children.
- Have the child sit up and lean the head slightly forward so the blood will flow out of the nose rather than trickle down the back of the throat. Swallowing blood can cause vomiting which then could cause the nose to start bleeding again.
- Apply firm, consistent pressure over the bridge of the nose for at least 10 minutes. Do not be tempted to release pressure early to see if the bleeding has stopped.
- Try to keep your child quiet during this process.

This should control the bleeding, but if the nosebleed has not stopped repeat the above steps one more time.

After the nosebleed has stopped, do not let the child blow or wipe the nose as this could cause the bleeding to start again.

If the nose continues to bleed after this second attempt, contact the doctor's office. The hematology department can be reached at 937-641-3111. Feel free to call and go over any information you do not understand.

This information is general information only and should not be considered complete. The information was written to answer some of the questions most frequently asked about nosebleeds.

