

Nosebleed

Brief Version

What causes a nosebleed?

A nosebleed is caused by the inside of the nose being too dry plus the normal rubbing and picking a child does when his nose is blocked or itchy. Even blowing the nose too hard can cause a nosebleed. It is very common for a child to have a nosebleed.

How can I take care of my child?

Here's how to stop the bleeding:

- First, ask your child to blow his nose to free any large clots.
- Then tightly pinch the soft parts of the nose together for 10 minutes.
- If it hasn't stopped after 10 minutes, put some petroleum jelly (Vaseline) or nosedrops (Neo-Synephrine) on a piece of gauze.
- Put the gauze into the nostril.
- Squeeze again for another 10 minutes. If it still doesn't stop bleeding, call your child's doctor right away.

Here are some ideas to keep from getting nosebleeds:

- Put a little petroleum jelly on the inside of the nostrils 2 times a day.
- Use a humidifier in your child's room at night.
- Teach your child to put a few drops of warm water in each nostril before she blows her nose.
- If your child has allergies that irritate his nose, ask your doctor what to use.

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