

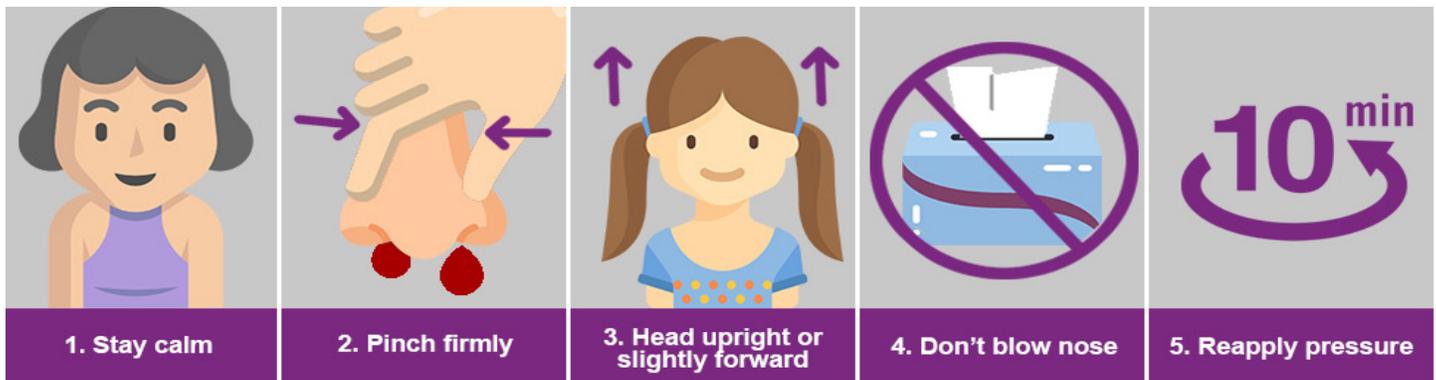
## WHAT YOU NEED TO KNOW: NOSEBLEEDS



### What causes frequent nosebleeds?

Recurring nosebleeds (also known as epistaxis) are very common in children and youth. They are often caused by nasal dryness which makes blood vessels in the nose crack open and bleed.

### How should I treat an active nosebleed?



1. Stay calm.
2. Apply a very firm pinch (completely close off the nose) to the soft part of the nose, just below the nasal bone/bridge. Keep constant pressure for at least 10 minutes before releasing. Resist the urge to “peek” to see if the bleeding has stopped.
3. Position your child or youth’s head straight up or lean slightly forward. Avoid tilting the head back, as blood can drop down the throat and into the airway.
4. Tell your child not to blow their nose or pull out clots too soon. They are the body’s way of naturally stopping the bleeding.
5. Apply nasal pressure for another 10 minutes if the bleeding hasn’t stopped after the first 10 minutes.

Consider spraying a nasal decongestant (such as Otrivin®) in the bleeding side of the nose, as this can slow the bleeding in conjunction with pressure. Avoid using these sprays for more than two days in a row as they can cause rebound nasal congestion.

Consider going to the Emergency Department if the bleeding doesn’t stop or is significant.

### How to prevent nosebleeds?

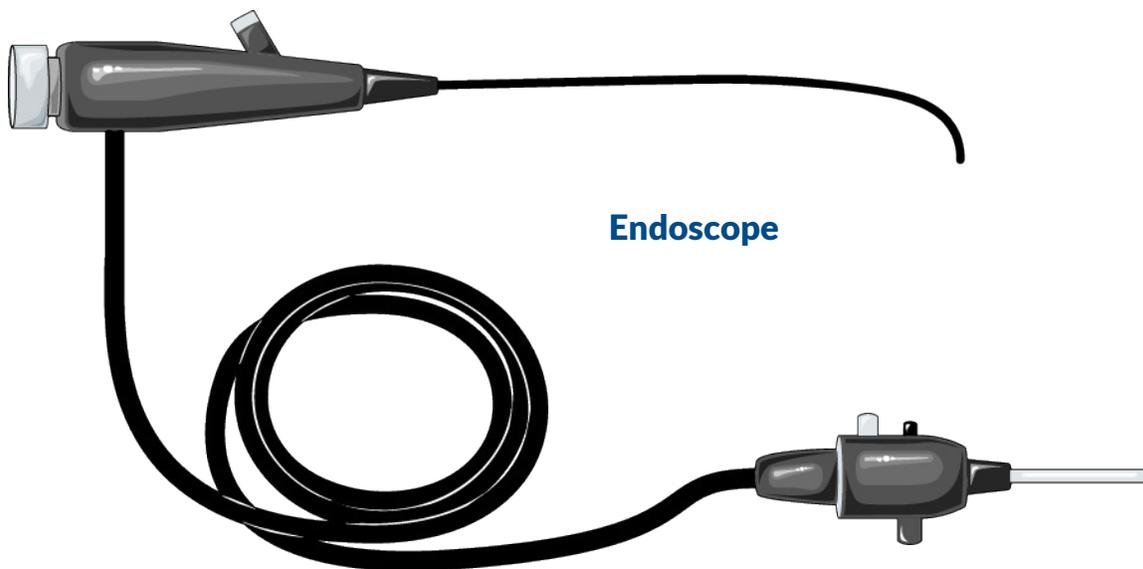
Unfortunately there is no pill you can give your child or youth that will stop recurrent nosebleeds. What you can do is decrease the nasal dryness that leads to nosebleeds. These preventive techniques may make nosebleeds less severe and happen less often.

- Use a humidifier to optimize the general humidity in your home during winter months.
- Use an over-the-counter nasal lubricant like Rhinaris Nozoil® or Secaris two times every day, applying a generous amount to each nasal cavity.
- Avoid nose picking.
- If using a daily intranasal corticosteroid, stop this for several days or consider stopping altogether if bleeding is very frequent. These products cause further nasal dryness.

### Will my child or youth require further treatment?

Most children will grow out of their recurrent nosebleeds. You should tell your doctor if there is a family history of bleeding disorders like hemophilia or hereditary hemorrhagic telangiectasia (HHT) so they can investigate further.

If your child experiences severe or prolonged nosebleeds, several times a week despite the preventative measures described above, your child may be a candidate for a flexible nasal endoscopy or a nasal cautery procedure.



During a nasal cautery, local topical anesthetic is applied to prevent discomfort and a cautery stick is applied to vessels on the wall separating the nostrils. Since only one side can be cauterized in a single visit it's important to note which nasal cavity is bleeding more often so they can cauterize that one first.