

# Nosebleed Prevention and Treatment



## Tips to Prevent Nosebleeds

- Do not forcefully blow nose. Only wipe below the nose.
- Do not clean inside of nose.
- Shut off hot air vents in your child's room.
- Keep your child's room cool (no hotter than 65 degrees).
- Use a cool mist humidifier to keep the air moist in your child's room at night.
- Morning and evening, apply a small amount of moisturizing ointment (such as Vaseline, Aquaphor or Ayr gel) around the opening of the nose to prevent drying and cracking.
- If your child has seasonal allergies, allergy medications may help. Talk to your pediatrician or primary care provider.
- Cut your child's fingernails short and try to discourage your child from nose picking.
- Keep your child away from second-hand smoke.
- Your child should avoid swimming, especially in chlorinated pools.

## Steps to Stop a Nosebleed

- Have your child sit up and lean the head forward. Help your child remain calm. Do NOT have your child lie down or lean the head back, which may cause your child to swallow blood or vomit.
- Firmly squeeze your child's nose just below the bony part (the lower half of the nose). Squeeze for 10 minutes without letting go. Have your child breathe through the mouth. If the nose is not held firmly and steadily for at least 10 minutes, the bleeding may start again.
- Do not stuff the nostrils with tissues or other material. Only wipe gently under the nose.
- Do not have your child blow their nose. Blowing may disturb any clotting that has formed, and bleeding may start again.

## Treatment Options

Start these treatments if your child's nose is still bleeding after 15 minutes of pressure or if there are several nosebleeds over the past day or two.

- Afrin or Neo-Synephrine nasal spray: One spray to the affected nostril, then continue to hold firm nasal pressure until the bleeding stops. These sprays are available over the counter at all major pharmacies. Do not give nasal spray more frequently than every 12 hours for three days.
- QR powder: Apply the powder gently inside the affected nostril with an applicator or Q-tip to mix with the blood, then continue to hold firm nasal pressure until the bleeding stops. If your pharmacy does not carry it, the product can be purchased from major online retailers.

If a nosebleed is heavy and persists for more than 20 minutes after trying the above treatments, or if your child has several nosebleeds in a short time period, your child may need prescription medications used to treat bleeding disorders.

## When to Seek Medical Care

- Prolonged bleeding of longer than 20 minutes that does not stop using any of the options above.
- Frequent short nosebleeds that stop easily but continue for days or weeks.
- Vomiting blood or material that looks like coffee grounds.
- Signs of anemia, such as paleness, dizziness, headaches or shortness of breath.
- A referral to Otolaryngology (an ear, nose and throat specialist) may be necessary to have your child evaluated for nasal cautery, especially if the bleeding is mainly from one nostril or if all the above remedies continue to not stop or prevent nosebleeds in your child.

## Individualized Recommendations for You Child

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## Additional Issues or Comments

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## HOW TO CONTACT THE PLATELET DISORDERS TEAM

Weekday business hours: call **215-590-3906**.  
Evenings, nights and weekends: call **215-590-1000**  
and ask for the hematologist on call.

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