

*Compliments of the Hemophilia Care Program of Washington. The Hemophilia Care Program at Puget Sound Blood Center is dedicated to promoting and sustaining optimal living in people with bleeding disorders and their families through research, education, and comprehensive care in partnership with patients, community groups and the National Hemophilia Foundation.*



## Special Instructions:

### Hemophilia Care Program Nosebleeds

Puget Sound Blood Center

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Puget Sound Blood Center  
HEMOPHILIA CARE PROGRAM

# Nosebleeds in Children

*Care at Home, Prevention, and  
When to call your child's doctor*



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## How to Deal With Nosebleeds

Nosebleeds are very common in children. They can be caused by dryness of the inside of the nose. Rubbing or picking inside the nose can also cause the nose to bleed. It is usually easier to prevent nosebleeds than to treat them.

## Home Care of Nosebleeds

Have your child sit up and gently blow his nose to remove any large clots of blood already in the nose—unless you have been instructed not to do so.

1. Apply pressure to your child's nose by pinching tightly with the thumb and index finger, for 15 minutes (by the clock). During this time, tell your child to breathe through his mouth. Be sure to have your child sit up. Do not tip his head back. This can cause blood to drain down the back of the throat and be swallowed.
2. If bleeding does not stop, continue pressure for another 15 minutes (by the clock).
3. After bleeding stops, do not let your child blow his nose for 24 hours. Do not let your child pick at his nose or put anything into his nose.
4. Have your child rest or play quietly to keep his nose from re-bleeding.
5. Your child may complain of an upset stomach or vomit blood if swallowed during the nosebleed.

## To Help Prevent Nosebleeds

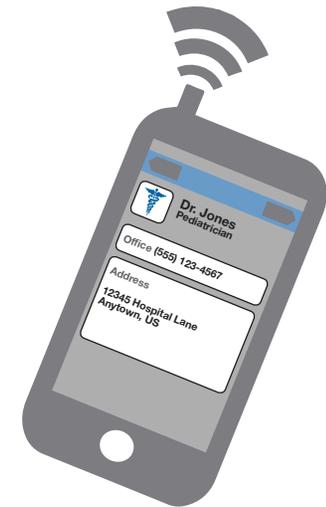
Use a cool humidifier (especially at night) in your child's room or in the house to decrease dry air. Remember to keep the humidifier clean, per the manufacturer's instructions.

- Put a small amount of petroleum jelly (i.e. Vaseline) to the center wall inside of the nose. Do this twice a day (morning and night) to help with dryness and irritation to the nose.
- Keep your child's fingernails clipped and put mittens on his hands to help from picking at his nose (especially at night).
- You can use saline nasal spray (such as Oceana nasal spray, Hu-mist Ayr, Salinex) to moisturize the nose and prevent dryness or crusting. The saline nasal sprays are available over the counter at most pharmacies.



## Call Your Child's Doctor IF

- Your child's nosebleed does not stop after 30 minutes of direct pressure as described.
- Your child faints or feels dizzy after having a nosebleed.
- Your child bruises easily or has a fine purplish rash.
- You have questions or concerns about your child's nosebleeds.
- Your child's nosebleed is caused by a hard blow to the nose or face.



**Call for all your bleeding disorder needs**

M–F, 8 am–5 pm:

206-292-6507

After hours, emergency calls:

206-292-6525, press option 3