

Epistaxis (Nosebleed) Treatment



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DEFINITION

- Epistaxis is bleeding from one or both nostrils, usually caused by dryness of the nasal lining or vigorous nose blowing.
- Routine nosebleeds can be treated at home.

Home Treatment

- Apply pressure- gently squeeze the soft lower parts of the nose continuously for 10 minutes. **WATCH THE CLOCK!!** 99% of nosebleeds will stop after 10 minutes of pressure.
- Decongestant Nose Drops- If bleeding continues after 10 minutes of pressure, use decongestant nose drops such as Afrin - 2 sprays in each nostril every 10 minutes up to 3 times. You may also continue pressure at this time.
- If bleeding continues after pressure and Afrin spray or if bleeding worsens, child will need to be seen in the ER.

What to Expect

- If your child swallows blood from a nosebleed, the child may vomit or pass a dark stool the following day.

Prevention

- Use a humidifier in the child's room, apply AYR GEL (Salt water in gel form) twice a day, use saline spray 2-3 times a day or more.
- Polysporin or K-Y jelly may be applied inside the nostril if desired.
- Avoid using vaseline inside the nostrils.

Physicians:

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Telephone: (205) 638-4949 or for after routine office hours, call (205) 638-9100 and page the doctor on call for ENT.

For emergencies, call 911.