

# ROCKY MOUNTAIN PEDIATRIC ENT ASSOCIATES

## **Treatment of Nosebleeds (Epistaxis)**

Your child has been diagnosed with primary epistaxis (simple nose bleeds). Nosebleeds are a common occurrence in children from infancy to puberty. The exact cause is unknown, but family history of childhood nosebleeds, dry heat, accumulation of dry crusts in the front of the nose and/or picking of the nose can be associated with the condition.

Treatment is aimed at restoring nasal health and trying to eliminate factors that make the condition worse. Here are some simple ways to prevent and treat nosebleeds.

1. If you suspect trauma to the nose from nose picking, keep your child's fingernails short.
2. A humidifier in the child's room can provide added moisture, especially during the winter. If your child is followed by an allergist, check to see if there are any objections to humidifier use.
3. KY Jelly or NasoGel by NeilMed applied to the inside of the nose with a Q-tip 1-2 times daily helps moisturize the mucous membranes and soften crusting that sometimes accumulates. These products are available over-the-counter at most drugstores, grocery stores and retail stores. This application may be done during winter, or at times when the nosebleeds are more frequent or worse.
4. Saline nasal spray, 4-5 squirts in each nostril, 4-5 times a day also helps to moisturize the front of the nose and soften crusting. This should be done regularly during the winter months or at times when nosebleeds are more frequent and worse.
5. If severe bleeding does occur, be sure to have your child sit down and pinch the fleshy part of their nose between the fingers for 5 minutes without letting up. DO NOT have your child tilt his/her head back, as this can cause the blood to run down the back of the throat and lead to possible choking. If the bleeding continues profusely, call our office immediately or proceed to the nearest emergency room. You may also try a few squirts of Afrin nasal spray during an acute nosebleed.

Even with these treatments, epistaxis may be problematic and require further treatments.

Please call our office (303.301.9019) to discuss other treatment options with a medical provider.