

## Nose Bleed Instructions For Parents

1. Have your child sit up straight with the head tilted slightly forward.
2. If the child is old enough, have her gently blow out any clot that is sitting in the nose.
3. Squeeze the entire lower fleshy part of the nose closed using the thumb and fingers. A gauze pad or some tissues will keep the holders fingers clean. Do not hold over the bony bridge of the nose.
4. Hold for 10 minutes without letting go. Hold firmly. Then gently let go and all bleeding should be stopped. If it is still bleeding, hold again for 10 minutes.
5. If holding a second time does not work, contact your provider.
6. If nose bleeds are common, try putting antibiotic ointment or Vaseline on a Q-tip and coating the inside of the nose, especially the septum (the divider between the two sides of the nose). Bacitracin™, Neosporin™, Triple antibiotic ointment, and Vaseline are all available over the counter. Do this twice a day for several weeks.
7. In winter, when the air inside is dry, a cool mist humidifier in the child's room at night may help to reduce bleeding episodes. Be sure to dry out the humidifier every day or it may grow mold.
8. Saline drops can also be used to moisturize the nose.
9. If nose bleeds are very common or very hard to stop, and these measures do not work, contact your provider.