



## Nose bleeds in children

It is certain to have at least one nosebleed or probably many during their early years of childhood. Some preschoolers may have several a week. **This is neither abnormal nor dangerous**, but it can be very frightening. However, if blood flows down from the back of the nose into the mouth and throat, your child may swallow some of it, which in turn may lead to nausea or vomiting or both, vomiting will have blood mixed with it

**Most of the time, the bleeding is coming from the front part of the nose.**

Some blood vessels that sit in the front of the nose can dry out, just like the rest of our body, the skin can get dry inside the nose as well. Therefore, the parents of the kids need to take care of that and keep it from being dry.

So it is important that the kids learn to keep their nose nice and moisturized.

**Oftentimes, in children it gets worse when they put things in their nose, like fingers.**

In case of severe or chronic bleeding, or if the bleeding lasts longer, or it seems like happening frequently, it is recommended that you seek the help of your ENT doctor immediately.



## What are the causes of nosebleeds in children?

☐ **Colds and allergies:** A cold or allergy causes swelling and irritation inside the nose and may lead to spontaneous bleeding.

☐ **Trauma:** A child can get a nosebleed from picking their nose, putting something into it, or just blowing it too hard. A nosebleed also can occur if they are hit in the nose by a ball or other object, or fall and hit their nose.

☐ **Low humidity or irritating fumes:** If your house is very dry, or if you live in a dry climate, the lining of your child's nose may dry out. This makes it more likely to bleed. If they are frequently exposed to toxic fumes (fortunately, an unusual occurrence), they may get nosebleeds, too.

☐ **Anatomical problems:** Any abnormal structure inside the nose can lead to crusting and bleeding.

☐ **Abnormal growths:** Any abnormal tissue growing in the nose may cause bleeding. Although most of these growths (usually polyps) are benign (not cancerous), they still should be treated promptly.

☐ **Abnormal blood clotting:** Anything that interferes with blood clotting can lead

to nosebleeds. Medications, even common ones, can alter blood-clotting just enough to cause bleeding. Blood diseases, such as hemophilia, also can provoke and worsen nosebleeds.

☐ **Chronic illness:** Any child with a long-term illness, or who may require extra oxygen or other medication that can dry out or affect the lining of the nose, is likely to have nosebleeds.

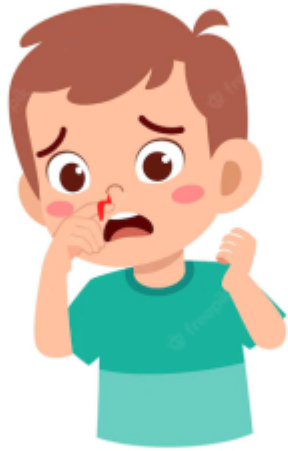


## **Treatment:**

Here are few do's and don'ts that must be considered while treating nosebleeds in children:

### **Do's**

- ☐ Remain calm. A nosebleed can be frightening, but is rarely serious.
- ☐ Keep your child in a sitting or standing position. Tilt their head slightly forward.
- ☐ Pinch the lower half of your child's nose (the soft part) between your thumb and finger and hold it firmly for at least 10 minutes. If your child is old enough, they can do this themselves. Don't release the nose during this time to see if it is still bleeding (no peeking)! Stopping the pressure may interfere with the forming of the clot and allow the bleeding to continue.
- ☐ Release the pressure after 10 minutes and wait, keeping your child quiet and still. If the bleeding hasn't stopped, hold pressure again. If after 10 more minutes of pressure the bleeding hasn't stopped, call your pediatrician or go to the nearest emergency department.
- ☐ Panic. You'll just scare your child.
- ☐ Have them lie down or tilt back their head.
- ☐ Stuff tissues, gauze, or any other material into your child's nose to stop the bleeding.



### **When do I see my doctor and what are the red flags?**

Visit your doctor immediately if you notice these signs and symptoms - You think your child may have lost too much blood or continues to bleed heavily. (Remember that the blood coming from the nose always looks like a lot..), the bleeding is coming only from your child's mouth, or he's coughing or vomiting blood or brown material that looks like coffee grounds, your child is unusually pale or sweaty, or is not responsive. Arrange to get your child to the emergency room; your child has a lot of nosebleeds, along with a chronically stuffy nose. This could also mean that your child **has a small, easily broken blood vessel in the nose or on the surface of the lining of the nose, or a growth in the nasal passages.**

**Important note:** If a blood vessel is causing the problem, the doctor may touch that point with a chemical substance (silver nitrate) to stop the bleeding.

- Dr. Prashanth R Reddy

"E.N.T. health - ENTry for better senses".

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