

## NOSEBLEEDS

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**PENTA**  
Pediatric ENT of Atlanta  
*Where Children Are First*

Nosebleeds, also known as epistaxis, are a common occurrence in children from toddlerhood to adolescences. Family history of childhood nosebleeds, prominent blood vessels along the front of the nasal septum, dry heat, accumulation of dry crusts in the front the nose, and/or picking of the nose can be associated with the condition.

The goal of treatment is to restore nasal health and 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 nails short.
2. A humidifier in your 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. Apply over-the-counter Bacitracin ointment, Vaseline, Aquaphor, or Ayr® saline nasal gel to the inside of the nose gently with a Q-tip one to two times daily to help moisturize the mucous membranes and soften crusting that sometimes accumulates. This may be done during the winter, or at times when nosebleeds are more frequent or worse.
4. Frequent use of saline nasal spray (also over-the-counter) helps moisturize the front of the nose and soften crusting. 4-5 squirts to each nostril 4-5 times per day is recommended.
5. When your child experiences a nosebleed, he/she should sit down, tilt the head slightly forward, and pinch the fleshy part of the nose between the thumb and index finger for 5-10 minutes without letting up (no peeking!). It is common to have blood clots come out of the nose during an episode. DO NOT have your child tilt his/her head back as this can cause the blood to run down the back of the throat leading to possibly choking. Oxymetazoline spray (over-the-counter Afrin®) can be sprayed into each nostril to constrict the blood vessels and stop bleeding, but DO NOT use this more than 3 days in a row.
6. Following a nosebleed, your child should avoid strenuous activity and heavy lifting for 2-3 hours. Your child should also refrain from nose blowing or rubbing of the nose for a few days.
7. Call our office immediately or proceed to the nearest emergency room if the bleeding continues despite applying pressure for over 20-30 minutes.

Even with consistent use of conservative treatment, nosebleeds may be problematic and may require more extensive treatment and management. Your PENTA healthcare team will guide you with the proper treatment for your child.

**Please call the office with any questions or concerns at 404-255-2033**



# Nasal Caутery



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## What is nasal cautery?

Nasal cautery is a common treatment of epistaxis that may be considered. Depending on the age and development of your child, your surgeon will decide if the procedure should be done in the office or in the operating room under general anesthesia. Nasal cautery is the application of a chemical called silver nitrate to the area(s) on the nasal septum, which seals the blood vessels and forms scar tissue to help prevent future nosebleeds. If the procedure is performed in the office, your child's nose will be topically anesthetized, so it is numb. The procedure only takes a few minutes and is typically well-tolerated.

## What to expect after a nasal cautery:

- Your child may experience mild discomfort after the procedure, which can be treated with acetaminophen (Tylenol®) up to every 4 hours
- Mild nosebleeds or drainage is common for the 2 weeks following the procedure and is a normal part of the healing process
- Your child may return to school the following day
- Avoid strenuous activity and PE for 7 days after the procedure
- Apply a thin coat of antibiotic ointment to the inside of the nose gently with a Q-tip twice daily for 2 weeks
- Keep head elevated and run a cool mist humidifier in your child's room at night
- When sneezing, keep mouth open
- Avoid picking at scabs in nose
- Your child can gently wipe his nose, but avoid nose blowing for 2 weeks after the procedure

## What to do if bleeding starts again:

- Spray the bleeding nostril with 2 squirts of Oxymetazoline spray (over-the-counter Afrin®).
- Soak a cotton ball with the spray and put the cotton ball in the bleeding nostril and pinch the nostrils together. Apply constant pressure by pinching the nose for 15 minutes without peeking. If bleeding has stopped when the 15 minutes is up, then leave the cotton ball in place for another 30 minutes before gently removing.
- If bleeding persists, repeat pinching the nose and applying pressure for another 15 minutes.
- If bleeding continues despite following these steps, call our office immediately or head to the nearest emergency room.

**Please call the office with any questions or concerns at 404-591-1288 (M-F 8AM-5PM)  
or 404-255-2033 (after hours to reach the on-call provider)**

