



# Bulldog Care Card

## \_\_\_\_Nose Bleeds\_\_\_\_

Nose Bleeds are very common in children. Common cause are dryness of the inside of the nose and rubbing or picking at the inside of the nose. It is much easier to prevent them than to treat them. They are not normally considered a serious event.

**Nose Bleed Precautions:** Once bleeding has stopped make sure proper handwashing is done by all involved in the treatment of the nose bleed. Wash clothing covered in blood or bag until parent can wash. At school, a nose that bleeds for 20 minutes will need to be picked up. Send extra clothing if your child has chronic nose bleeds.

**Prevention:** Keep the nasal membranes lubricated. Use a small amount of petroleum jelly to the center wall of the inside of the nose to prevent dryness. Use a cool humidifier at night. Using a saline nose spray may help, these can be found over the counter. Trim the child's fingernails if he tends to pick his nose.

**Home Care:** Have child sit upright in a chair, leaning slightly forward. Have child gently blow his nose to remove any large clots, unless a physician has told you not to. Apply pressure to the bridge of the nose by pinching and watch the clock for 5 minutes. Check to see if bleeding has stopped, if not repeat pinching and wait another 5 minutes. Encourage child to breathe through his mouth. Use ice to the bridge of the nose. After bleeding has stopped do not let child blow his/her nose for 12 hours. They may swallow blood and have an upset stomach afterwards.

**Call your child's Doctor or take to the ER for evaluation if:**

- Your child's nose does not stop after 20 minutes of direct pressure
- The nose bleed is rapid and there is a large amount of blood loss
- Your child feels faint or dizzy after a nose bleed
- Your child has more than five nose bleeds in a week
- Your child bruises easily or has a fine purplish rash
- Your child's nose bleed is caused by a hard blow to the nose or face
- Your child's nose bleed is associated with a fever or headache
- You have any concerns or questions.

### Special Concerns:

If your child has a chronic or serious health problem or is under 6 weeks old, call your doctor for special instructions. This form does not replace instructions your doctor provides to you.

