

Nosebleed Treatment Plan

How to Stop a Nosebleed

- Have child sit up and lean head over, **do not lay down.**
- Pinch the soft part of the nose, below the bone, holding the nose closed. Have child breathe through their mouth.
- Try to keep your child calm, crying and screaming can increase bleeding.
- Squeeze firmly above nostrils for 5 minutes. If the bleeding does not stop after 5 minutes hold for another 5 minutes.
- If nosebleed has not stopped after applying pressure for a total of 10 min, call your pediatrician for advice.



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- **Nails:** Keep child's fingernails clean and short
- **Humidified Air:** In the winter months use a cool mist humidifier in child's bedroom. Be sure to clean it regularly. For children with a history of seasonal allergies the winter time is the only time this should be used.
- **Nasal Saline Spray:** Over the counter product. 2 sprays per nostril before applying any ointment. Use spray at least 2-4 times per day. Continue to use until otherwise directed by your physician.
- **Mupirocin 2% ointment:** Prescription. Gently apply a small pea size to inside of nose, 1 time the morning, 1 time in the evening. Use **ONLY** for 10 days.
- **Nasal Ayr Gel:** Over the counter product to be used **after** 10 days of prescription Mupirocin. Gently apply a small pea size to inside of nose 2 times a day. In the morning and in the evening. Start using Continue to use until otherwise directed by your physician.