

Children's Emergency Department



Nose Bleed (Epistaxis): Parent/Carer Discharge Information

The possible reasons (if known) for your child's nose bleed should have been discussed with you and any specific steps to deal with these causes should have been explained. However, it is possible that the bleeding might begin again.

What should I do now?

- Rest over the next day or two or as instructed
- Avoid the following:
 - Exertion, Straining
 - Lifting heavy weights
 - Exercise
 - Hot food and drink
 - Strong/chemical odours
 - Blowing their nose
 - Repeated nose dabbing

What should I do should the nose bleed resume?

- Apply pressure to the nose by pinching its soft tip (not the hard bony nasal bridge) between thumb and forefinger. Ask your child to keep their mouth open, lean their head forward and let the blood trickle into a bowl until bleeding ceases. It is best to do this while seated on a couch or bed or where they can lie down if they feel faint.



Patient Information

- If bleeding persists or you are otherwise concerned, please contact us for further advice.

Return to school/activity

You should inform the school/college that you child has had a nose bleed and may need to refrain from certain activities for the next 24 hours.

For further advice/information:

- Call 111 (24 hours a day)
- Contact your GP

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6934 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

Department	Children's Emergency Department
Contact Tel	26934
Updated	July 2019
Review	July 2022
Version	3.1
Reference	HIC/LFT/1737/13