

## Children's Emergency Department



# Nosebleed (epistaxis) - parent/carer discharge information

The possible reasons (if known) for your child's nosebleed 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 nosebleed 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.
- If the bleeding persists or you are otherwise concerned, please contact us for further advice.



## Patient Information

### Return to school/activity

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

### For further advice/information:

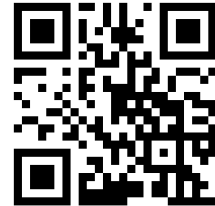
- Call 111 (24 hours a day)
- Contact your GP

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.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us to make further improvements and to recognise members of staff who provide a good service.



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