



Nosebleeds in Children



Overview

Nosebleeds are a common problem for some kids. Some come without warning, and they may worry kids and parents. But usually, nosebleeds aren't a serious issue. Let's learn why they happen and how to deal with them.

Causes

So, why do nosebleeds happen? Well, there are several reasons. Warm, dry air can cause the sensitive skin and blood vessels in the nose to crack and bleed. Colds or allergies can cause nosebleeds, especially if your child blows their nose very hard. Some nosebleeds are caused by injury. Nosebleeds can happen if a child puts an object (or a finger) up their nose. And sometimes, we just don't know the cause.

Symptoms

A nosebleed can come from one or both nostrils. If just one nostril is bleeding, that probably means the bleeding is near the front of the nose. But blood coming from both nostrils may have started higher up in the sinus cavity.

Treatment

To treat a nosebleed, have your child sit up and lean forward slightly. Tell them to breathe out of their mouth. Now, gently pinch their nostrils, and put a cold compress on their nose. Pinch for five to ten minutes. Keep pinching for the entire time. Now, check and see if the bleeding has stopped. If it hasn't, repeat. If you can't get the bleeding to stop, contact your child's doctor.