

### (1) Nosebleed Care

- Nosebleeds are common condition and the severity is directly related to the cause. There are primary, trauma-related and other causes such as hypertension, low blood platelet count and blood clotting problem, etc.
- Nosebleeds of primary cause is the most common, often seen in children and adolescents with bleeding occurring from the front part of the nasal septum. This type of nosebleeds can usually be stopped by putting pressure on the nose.

### (2) How to Stop a Nosebleed?

- Stay calm.
- Sit up and lean the body forward slightly, spit out any blood and breathe through the mouth.
- Pinch the soft parts beneath the nose bridge ( i.e. near the nose wing ) together between the thumb and index finger for about ten minutes ( see figure 1 ) .

Caution:

- Putting pressure on the nose bridge ( i.e. nasal bone ) cannot stop bleeding ( see figure 2 )
- If bleeding persists for more than ten minutes, or should you have doubts about the cause of bleeding, seek medical attention right away.
- Stuffing tissue into the nose, applying ice pack to the head and lying down are not recommended.

( Figure 1 ) Correct



( Figure 2 ) Incorrect



### (3) Prevention of Nosebleeds

- Primary cause of nosebleeds in children is often related to upper respiratory tract infections or nose-picking. Children who are prone to nosebleeds should avoid picking their nose. Occurrence of nosebleeds will reduce as the child grows older.

### (4) Signs for Alert

- If any of the following happens, the patient should stay calm and seek medical attention promptly:
  - Bleeding does not stop for some time or recurs despite using the above method.
  - Heavy bleeds with blood oozing out from nose and mouth at the same time.
  - Recurring or frequent nosebleeds, especially occurring to the same side each time.

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December 2021