WHITLEY
Pediatric ENT

ENT OF GEORGIA
EAR, NOSE & THROAT | NORTH

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NOSEBLEEDS - EPISTAXIS

Nosebleeds are extremely common in children and even in some adults. They can be scary for the child and the parent and we are thankful for the opportunity to help you prevent these events from happening.

What causes nosebleeds?
Nosebleeds, or in medical jargon epistaxis, refers to any bleeding from the nostrils or back into the throat from the nose. The bleeding most commonly comes from the front part of the nose on part of the nose that divides the two sides (the septum). Small blood vessels are shallow here and with air flowing over them all the time they can dry out, crack, and bleed causing a nosebleed.

Anterior Ethmoidal Artery
Posterior Ethmoidal Artery
Sphenopalatine Ethmoidal Artery
Kiesselbach's plexus
Damaged Blood Vessels

What are some of the other causes of epistaxis?
Trauma to the nose (falls, hits, etc.), nose picking, and dryness are the most common causes of epistaxis. Some people are more prone to them in the winter with dryness and some people are worse when they get overheated in the summer.

What is the 3 pronged approach to preventing nosebleeds?
    1) Saline gel (AYR) or Aquaphor to the front of the nose
    2) Nasal saline spray -2-3 sprays 2-3 times per day
    3) Humidifier - run in child's room at night, important to keep clean

    For many people, this treatment will prevent the bleeding, but for others further treatment including cauterization are sometimes necessary to control the bleeds.

How do we stop a nosebleed?
If there is an emergency or trauma, consider going to the ER or calling 911. Spray 2-3 sprays of *Afrin (oxymetazoline)* spray into the nose and then pinch the nostrils shut, holding firm pressure. Hold this for 5-10 minutes. Have the child sit and lean head down and slightly forward so that blood does not go down the throat. If bleeding persists, call our office or 911 or go to the ER.

What is nasal cautery?
Nasal cautery is a simple procedure where either a chemical agent (silver nitrate) or electrocautery is used to zap the blood vessels where the bleeds come from, preventing further bleeding. If you have questions please give us a call or make an appointment to see us.