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Nose Bleeds

Nose bleeds in children are common. It is due to an infection in the front part of their nose. If nose bleeds are frequent and troublesome, make an appointment to see your GP. While waiting to see your GP, try to notice which side of the nose bleeds first or most. The best initial treatment for nosebleeds is an antibiotic nose cream; this works for most children, and you can repeat the course if the nosebleeds return. Sometimes the cream does not work, and then your GP may refer your child to the ENT department.

How to stop a nose bleed

- Lean your child over a bowl and pinch the fleshy part of their nose firmly for 5-10 minutes.
- If they can tolerate it, place an ice pack or something similar such as frozen peas covered by a towel on the bridge of their nose for ten minutes.
- After ten minutes release the pressure if the bleeding has not stopped, reapply the pressure for up to two further periods of ten minutes.
- Once the bleeding stops, gently clean the area.
- If the bleeding does not stop after thirty minutes, bring your child to your local Emergency Department for advice.



Advice after nasal cautery

- If the doctor has used local anaesthetic spray on your child's nose, they should not eat or drink for 1 hour.
- To prevent further bleeds:

Your child should not blow or pick their nose and avoid sneezing if possible.

Your child can return to school the day after their treatment.

Avoid any injury to their nose, including contact sports for two weeks after their surgery.

Apply Naseptin cream into both nostrils as prescribed.

Avoid smoky atmospheres and people with cold/flu symptoms for two weeks.

ENT Nurse Specialists

Mairead O'Leary, Kathy Roche, Dorothy Goslin, Jackie Howard, Heather Lehane

Contact Details

Direct number between 8am-4pm 01 8784318

01 878 4200 Bleep 785

Outside these hours contact your local Emergency Department or

D-Doc Monday -Friday 6pm - 8am Saturday, Sunday and Bank Holidays Open 24 hours 1850 22 44 77