

Useful Telephone Numbers

North Hampshire ENT Partnership
Hampshire Clinic - 01256 377733

The Hampshire Clinic
Switchboard - 01256 357111
Lyde Ward - 01256 377773
Enbourne Ward - 01256 377772

Frimley Park Hospital
(for out of hours emergencies)
Switchboard - 01276 604604

Basingstoke & North Hampshire Hospital
Switchboard - 01256 473202
DTC - 01256 313332

NORTH
HAMPSHIRE ENT
ENT • HEAD & NECK SURGERY

Information for Patients on

Nosebleeds in Children

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The North Hampshire ENT Partnership consultants are

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Paul Spraggs FRCS (ORL)

Appointed to North Hampshire Hospital in 1998. Special interest in head and neck surgery and facial plastic surgery.

Sources of additional information

The North Hampshire ENT Partnership
www.ent-hampshire.com

British Association of Otorhinolaryngologists
www.entuk.org

Epistaxis

This is the name given to nosebleeds. Nosebleeds are common in children. They are usually mild and easily treated. Sometimes bleeding can be more severe but this is usually in older people or in those with other medical problems such as blood disorders.

What causes nosebleeds?

Nosebleeds are common because the small blood vessels inside the nose are very delicate. These blood vessels can rupture easily for no apparent reason. This happens commonly in children.

The commonest site for a nosebleed to start is in Little's area. This is situated just inside the entrance of the nostril on the nasal septum (the middle harder part of the nostril). Here the blood vessels are particularly fragile and are prone to rupture. This area is more likely to bleed with the following:

- Picking the nose
- Colds and blocked stuffy noses such as hay fever
- Blowing the nose
- Minor injuries to the nose

Most nosebleeds usually involve mild bleeding and are easy to stop.

Treatment

Sit up and tilt the head slightly forward.

With a finger and thumb, pinch the lower fleshy end of the nose, completely blocking the nostrils. Usually if light pressure is applied for 10 –15 minutes the bleeding will stop.

If available, a cold flannel around the nose and front of face may help.

The cold helps the blood vessels to shrink down and stop the bleeding.

Once the nosebleed has stopped it is best not to pick the nose or try and blow out any of the blood remaining in the nostrils, as this may cause another nosebleed.

If bleeding is heavy or it does not stop within 20-30 minutes then seek medical attention. Occasionally the nose needs to be packed by a doctor to stop the bleeding.

In some people nosebleeds are a recurring problem and may need to have the bleeding point cauterised. This seals the affected vessels so that they do not break so easily. It is usually a minor and straightforward procedure. In most cases this can be performed under local anaesthetic in the clinic, but some cases will need to be performed under general anaesthetic.

What to expect after cauterisation

You may be prescribed an antibiotic cream, such as Naseptin, to apply to the cauterised area. It is usually used twice a day for up to 2 weeks.

Place a small amount of cream on the tip of your finger and apply to the affected area. Gently pinch the soft fleshy part of your nose to help the cream to spread.

Try to avoid blowing your nose vigorously for the first 2 weeks, whilst the blood vessels are healing. You may see or feel little scabs inside the nostrils. Please avoid picking these.

Should any further bleeding occur during this period, follow the above instructions on treating nosebleeds.

If nasal bleeding reoccurs within a week of being seen on the ENT ward/clinic, please contact staff on the number below:

DTC at Basingstoke & North Hampshire Hospital 01256 473202
(Monday to Friday) ext 4323

Frimley Park Hospital
ENT Ward F12A (Adults) 01276 604130
Childrens Ward F1 01276 604226