

Useful Telephone Numbers

ENT Partnership

Surrey Clinic – 01252 852552

Frimley Park Hospital

Switchboard – 01276 604604

Parkside – 01276 604703

FI (Children's Ward) – 01276 604226

ENT Ward – 01276 604130

Clare Park Hospital

Switchboard – 01252 850216



Information for Patients on

Nosebleeds in Children

The ENT Partnership – Surrey Clinic

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The ENT Consultants are

Jonathan Hern FRCS (ORL).

Appointed to Frimley Park Hospital in 2003. Special interest in rhinology including rhinoplasty surgery and also voice problems.

David Jonathan FRCS.

Appointed to Frimley Park Hospital in 1991. Special interest in ear surgery, including implantable hearing aids. Involved in the regional training of ENT surgeons.

Andrew McCombe MD FRCS (ORL).

Appointed to Frimley Park Hospital in 1995. Special interest in head and neck surgery. Involved in the management of NHS services. Special interest in medicolegal work.

Sources of additional information

The Surrey & Hampshire ENT Partnership

www.entpartnership.co.uk

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 North Hampshire Hospital

(Monday to Friday)

01256 473202

ext 4323

Frimley Park Hospital, Frimley:

ENT Ward F12A (Adults)

Childrens Ward F1

01276 604130

01276 604226