



Nose Bleeds

What causes nose bleeds?

Nosebleeds are very common in children. Most of the time nose bleeds are caused by dry, crusted nasal mucosa (thin inner nose lining). Many times kids pick in nose, rub it hard, and blow it forcefully. These actions along with dry nasal mucosa results in nose bleeding.

How to stop nose bleeds?

1. Do not panic. Sit up, lean forward, and then tightly pinch the soft part of the nose between your thumb and forefinger for 10 minutes. Breathe through mouth. Breathe slowly and deeply.
2. Try not to swallow the blood. If your child swallows some blood, it can irritate stomach and he can have vomiting with that blood. Do not panic.
3. If bleeding continues, call our office.

How to prevent nosebleeds?

1. Use a humidifier to keep the nose from drying out.
2. Use normal saline nose spray. Use two puffs each side of nose, twice a day.
3. After using normal saline nose spray apply a small amount of Vaseline to inside the nose.
4. Some children may be benefited by allergy medications.

Your child needs to be seen in office if:

1. He is having recurrent nose bleeds in spite of following above preventive measures.
2. Nose bleeds lasting more than 10 minutes in spite of following above treatment measures.

Medical home concept for your baby

Medical home concept for kids is a TERRIFIC concept! This means having one Pediatrician / doctor's office for a child where her all pediatric medical needs are served. This includes all well checkups, all shots, sports physicals, acute illness like ear infections and sore throat and management of chronic problems like Asthma, ADHD and diabetes.

A recent research has suggested that children who develop a long-term relationship with a pediatrician are healthier and hospitalized less than children who switch off between several doctors' offices, the ER, the walk-in clinic, urgent clinics and the local health department. The fragmented care approach to a child's health means no single doctor knows you and your child well.

Hence, we want all children to get continuous care at one office. When you choose us to be your

child's pediatrician, we want that location to be our office. **Please call our office first for an appointment to serve medical needs of your child including all well checkups, all shots, sports physicals, acute illness like ear infections, sore throat and management of chronic problems.**

For more parent companion hand outs on various topics please visit: www.DrMiniyar.com.

Copy Right: Dr.Miniyar 2008.