



مدينة الملك فهد الطبية
King Fahad Medical City



How to Stop a Nose bleed?



How to Stop a Nose bleed?

**1\ Have your child sit up and lean forward.
spit out any blood that has drained into
throat.**

**2\ Firmly pinch the soft part of the
nostrils (not the tip or the bone) together
for a full 5 minutes. Use a clock to time
this, and do not let go sooner. Tell your
child to breathe through mouth.**

**3\ When you release the pressure, if the
bleeding begins again, repeat step 2 one
time.**

4\ If the bleeding continues, take your child to the ER. If possible, have someone hold pressure on the nose while traveling to the ER.

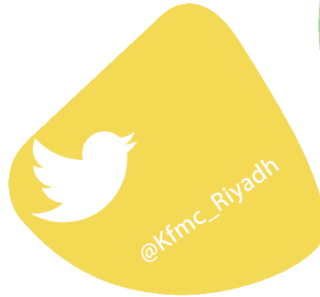
Do not place anything inside the nose while it is bleeding (e.g., gauze, tissue).

Swallowed blood can irritate the stomach, causing your child to vomit up bloody material.

لأن الوعي وقاية ..

إدارة التمريض الصحي

Pediatric Emergency Nursing Section



HEM2.17.000204

