



# Nosebleed (Epistaxis)

The tongue blade trick:  
<https://www.aliem.com/trick-of-trade-epistaxis-control-with/>

## Common Causes

- Nose-picking
- Rhinitis (viral, allergic)
- Trauma
- Foreign body
- Dry winter air

## Uncommon Causes

- Juvenile nasal angiofibroma
- Leukemia
- Coagulopathy (e.g. Von Willebrand's)
- Hereditary hemorrhagic telangiectasia
- Non-accidental trauma

## History

- Stopped? Duration of episode
- Home treatment(s) applied
- Associated rhinitis
- Other bleeding: gums, easy bruising, heavy menses, dental work, FH of bleeding disorder
- Prior episodes / frequency
- If recurrent, always same side?
- Meds/Drugs

## Physical Exam – r/o red flags

- Posterior bleed = brisk flow, may bleed into posterior pharynx
- Septal hematoma
- Petechiae, purpura, hepatosplenomegaly, pallor
- Nasal foreign body

## Basic Management

- Teach child/parent to apply pressure by pinching the nasal alae *below* the bony part, leaning *forward*, and *don't check* x 10 min
- Discuss tenuous clot has formed and if disrupted re-bleeding may occur
- Blow nose gently if at all, don't pick
- Cut nails short
- Vaseline at nares entry, nasal saline spray/gel
- Humidifier in bedroom

## Labs, Imaging

- If reason to suspect coagulopathy: CBC, PT/PTT, VWF, T&S
- XR if possible  
button battery FB

## When to Refer

To ED

- Posterior bleed
  - Requires packing
  - Multisystem trauma
- To ENT outpatient
- Recurrent unilateral