

Epistaxis (nosebleeds)

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See also: **Epistaxis in < 1 year / Nose injuries** on the BSUH Microguide (Paediatrics & Neonatology > Paediatrics > A-Z > CED guidelines)

Background

Common causes in childhood include

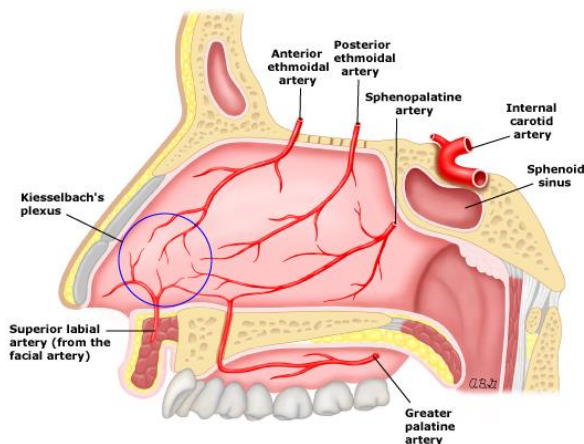
- Minor trauma from nose picking or rubbing, or foreign bodies
- Friable nasal mucosa from URTI, mucosal dryness, or intranasal steroids

Rarer causes include nasal polyps, bleeding disorders, vascular malformations, and nasopharyngeal tumours

Higher incidence in cold weather and low ambient humidity – makes nasal septal mucosa dry and friable.

Assessment

Epistaxis is usually from **Little's area** in anterior septum



Management

Caution

Don't attempt cautery in children

Ensure adequate local anaesthesia for any procedures – use topical lignocaine spray

Bilateral anterior bleeding or any posterior bleeding: refer to ENT SHO bleep 8619.

Management pathway

