

### **Recommendations for Referral regarding epistaxis:**

1. Prior to referring to our clinic for management of epistaxis, please treat in the following manner: Have the parent place a pea-sized amount of Saline Gel (Ayr, for example) or Bactroban ointment in each nostril at bedtime for 30 days. This will treat any concomitant vestibulitis and crusting and allow the excoriated anterior septum to heal, thus decreasing the episodes of epistaxis.
2. If these measures fail, we will be happy to see for possible cautery. Please be aware that Cautery is not usually well tolerated in the very young patient.
3. Coagulation labs are usually not necessary unless the nosebleeds last more than 30 minutes and there are other signs of coagulopathy such as petechiae, bleeding from other sites. It is rare for a child to be anemic from run of the mill nosebleeds, but if there is concern, a CBC with platelets may be a good screening lab to order.

### **Clinic Contact Information**

Phone: 503 494-5350

Fax: 503 346-6826

Doernbecher patient consult line for referring providers: **503 346-0644** or **888 346-0644**.