

What are bleeding precautions?

Bleeding precautions are guidelines to help prevent bleeding. Your child may need bleeding precautions if they:

- Take medicine to treat or prevent a blood clot. This includes:
 - Enoxaparin (Lovenox)
 - Rivaroxaban (Xarelto)
 - Apixaban (Eliquis)
 - Warfarin (Coumadin or Jantoven)
 - Aspirin
- Have a low platelet count. Platelets are cells in your blood that help stop bleeding.

What guidelines should my child follow?

Your child should:

- Use a soft toothbrush.
- Avoid using dental floss and toothpicks.
- Use an electric shaver, not a razor.
- Not take medicines called NSAIDs. This includes aspirin, ibuprofen (Motrin, Advil or less costly store brand) and ketorolac (Toradol).
- Wear shoes or slippers to help protect feet from cuts.
- Not use nail clippers. Use a nail file.
- Avoid activities that may cause injuries. This includes contact sports such as soccer, basketball and football.
- Not strain with bowel movements. If your child has trouble passing stool, talk with their doctor about over-the-counter medicines that may help.

How long does my child need to follow these guidelines?

Follow these guidelines until your child is cleared by their doctor.

What should I do if my child is bleeding?

If your child has a nosebleed:

- Tilt their head forward.
- Use gauze or tissues to put pressure on the bridge of their nose until the bleeding stops.
- Call your child's doctor **right away** if the nosebleed does not stop in 10 minutes.

If your child is bleeding:

- Use gauze or a clean cloth to put pressure on the area until the bleeding stops.
- Call your child's doctor **right away** if the bleeding does not stop in 10 minutes.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Bleeding precautions, continued

When should I call the doctor?

Call the doctor if your child has:

- Nosebleeds or bleeding that does not stop after putting pressure for 10 minutes.
- Bleeding from their mouth or gums.
- Blood in their urine, stool, vomit or spit.
- Long or heavy menstrual periods.
- Pinpoint-sized red or purple spots on their skin.
- Blurred or double vision.
- New kind of headache or headaches that do not get better.

When should I call 911?

Take your child to the nearest emergency department (ED) or call 911 **right away** if your child gets a large or very deep cut.

What if I have questions?

Call your child's doctor if you have questions about bleeding precautions. Also call if you have questions or concerns about how your child looks or feels.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.