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## 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

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## 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.**

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