

Nose Foreign Body Removal

Definition

- Child put a foreign body (FB) in their nose
- The child tells the parent or the parent see a strange object in child's nose
- Your doctor or nurse says it is safe to try to remove it at home. That's only helpful for small, harmless objects.

Health Information

Symptoms

- Young children often put FBs in their nose.
- Types of FB. Foods such as beans, peas or peanuts are common. Common objects are toy parts, pebbles, crayons, beads, cotton, foam and tissue paper. Vomited food particles (such as rice) may also end up in the nose.
- Symptoms: sudden onset of nasal congestion, pain or sneezing.
- Symptoms start without any signs of an allergy or cold.
- Nasal FBs that have been there a long time cause a bad-smelling yellow discharge. These always need your doctor to take them out.

Care Advice

- 1. Have Older Child Blow the Nose:**
 - Have your child blow the nose several times. Take a deep breath and blow hard. Often this action will expel the object.
 - During this, your child must block the normal nostril with a fingertip.
 - If needed, use some saline or warm water nose drops. Reason: loosen up the object, then blow.
- 2. Use a Suction Bulb For a Younger Child:**
 - If the child is too young to blow his nose, try a nasal suction bulb.
 - Blow puffs of air into the normal nostril.
 - During this, you must cover the mouth or hold it shut.
 - If needed, use some saline or warm water nose drops. Reason: loosen up the object, then blow.
- 3. Blow Into the Younger Child's Mouth:**
 - If nasal suction bulb is not available or doesn't work, try this.
 - Blow some puffs of air into your child's mouth.
 - Do this by covering your child's mouth with your mouth. Just like giving mouth to mouth rescue breathing.
 - This technique is called the "Mother's Kiss".
 - During this, you must cover the normal nostril with your fingertip.
- 4. Avoid Putting Anything Into Your Child's Nose:**
 - Don't try to remove the object by putting anything into the nose. That includes tweezers, cotton swabs and fingers.
 - These attempts almost always push the object in farther. That will make it harder for your doctor to remove it.

Call Your Doctor If

- You can't remove the FB
- FB removed but pain persists over 2 hours
- You think your child needs to be seen
- Your child becomes worse

Pediatric Care Advice

Author: Barton Schmitt MD, FAAP

Copyright 2000-2022 Schmitt Pediatric Guidelines LLC

Disclaimer: This health information is for educational purposes only. You the reader assume full responsibility for how you choose to use it. The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. Listing of any resources does not imply an endorsement.