Nasal Cavity, Foreign Body in

A foreign body in the nasal cavity is any object inserted inside the nose. Small children will insert almost any object small enough to fit in their nose. These items can include peas, beans, pebbles, paper, and beads. Older children and adults also may accidentally get an object stuck inside the nose. Having a foreign body in the nose can cause serious medical problems.

SYMPTOMS

- Trouble breathing.
- Irritation in the nose, causing the child to try to remove it by picking, rubbing, or pulling.
- Continual discharge from the nose that causes thick, yellowish, bad smelling drainage.

HOME CARE INSTRUCTIONS

- Do not attempt to remove the object without seeking medical advice.
- Before seeing your caregiver, try to have the child (if old enough) breathe through their mouth rather than their nose to prevent inhalation of the object.
- Once the caregiver removes the object, there are usually no further problems unless an infection develops.
- Prevention: Keep small objects out of reach of young children. Tell your child not to put objects into their nose. Also tell them if it happens again, they need to tell you or another adult right away.

SEEK MEDICAL CARE IF:

- There is any trouble breathing.
- There is any bleeding from the nose.
- The nose continues to drain. An object may still be in the nose.
- You or your child develops fever, earache, headache, pain in the cheeks or around the eyes, or yellow-green nasal discharge. These are signs of a possible sinus or ear infection.

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