

Nasal foreign bodies

Introduction

Nasal foreign bodies are commoner in children and may present acutely or chronically. The range of objects found in the nose is wide from insects and larvae to paper, beads, and very small toys. Foreign bodies that have been inside the nose for some time will provoke an infection and a foul smell from the nose. Thus, if one sees a child with a unilateral nasal discharge one should always suspect a foreign body.

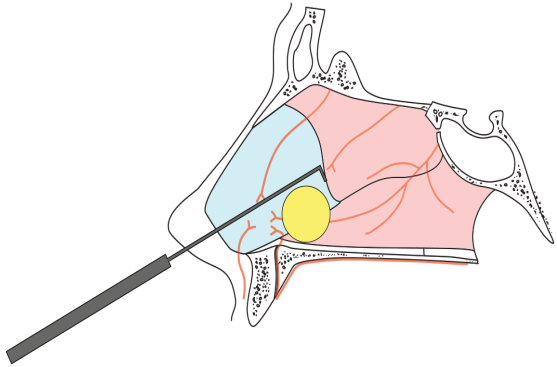
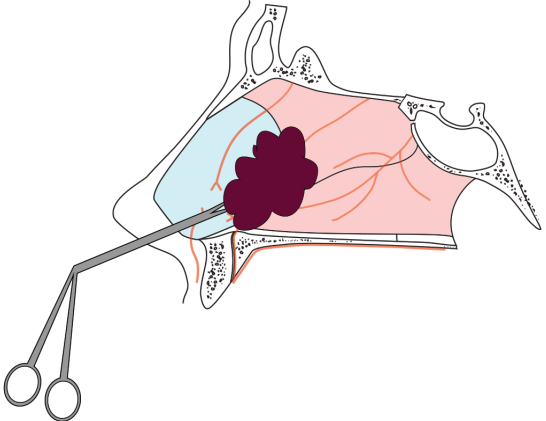


Findings

- Suggestive history
- Unilateral nasal obstruction
- Unilateral nasal discharge – especially if left undetected for some time
- Offensive odour coming from child's nose
- FB usually visible anteriorly. The inferior turbinate can be mistaken for a FB, so if in doubt ask a senior to see the patient.

Management

1. Examine to confirm presence of foreign body.
2. Attempt the "mother's kiss" in young children (whereby the mother blows into the child's mouth, obstructing the non-affected nostril – this often dislodges the FB)
3. If you're confident / competent then remove the FB with suction, forceps or a hook.
The table below gives suggested techniques for accompanying foreign bodies
4. Many children will be uncooperative by the time they see you, due to attempts made by previous doctors. In this case, it may be kinder to remove the FB under GA.
5. Nasal foreign bodies should be removed the same day as theoretic risk of dislodging into airway.

Shape of foreign body	Suggested instrument	Potential pitfalls	Images of technique
Hard, smooth or spherical objects	Hook	A good seal is required with object for suction to work. Risk of pushing posteriorly.	
Small, light weight object / Organic material	Suction	Risk of pushing object posteriorly, need good seal.	
Soft compressible objects / objects with graspable edge.	Forceps (Cros)	Localised trauma, risk of pushing object posteriorly. Not ideal for smooth, spherical or fragile objects.	
One attempt for most foreign bodies. Works best with light weight material.	“Mother kiss”	Small risk of barotrauma. (should not use external source to deliver pressure)	

Small Batteries can leak and corrode the nose and should be removed without delay!

