

Idaho Falls Pediatrics

Foreign Body in Nose

Young children seem to enjoy putting foreign objects in their nostrils and then forgetting about them. Favorites are food, paper, cotton, and beads. The body tries to reject these intruders by producing a foul-smelling yellow nasal discharge.

First Aid

Your child can try to blow the object out by blowing his nose vigorously several times with the other nostril closed.

DO NOT try to remove the object by putting anything into the nose, including tweezers and fingers. This almost always pushes the object in farther and makes removal by the health care provider very difficult. Watch your child closely to make sure that he doesn't push it in.

Call Idaho Falls Pediatrics immediately if:

- The object is still in the nose after your child has tried to blow it out.

*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.