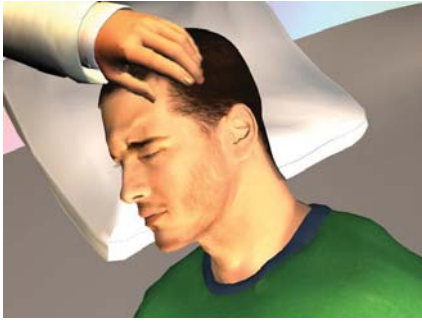


Foreign Body In Nose



1

Reassure and calm the person down. Get them to breathe through their mouth at a normal rate.



DO NOT poke, or grasp the foreign body with your fingers or any other instrument as you can push the foreign body into the trachea



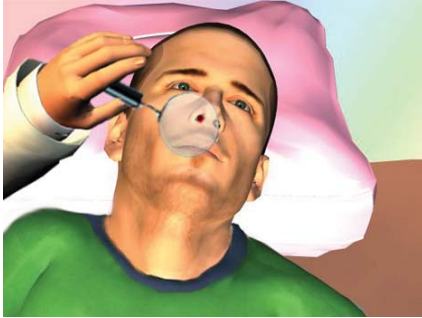
DO NOT attempt to irrigate a tightly wedged bean or seed from an ear canal. The water may cause the bean to swell.



Allow medical professionals to remove the foreign body since they have the necessary tools to do so



Try not to inhale deeply through the nose



2

Ask what was inserted or inhaled, and which nostril is affected. Look into the nose with an appropriate light source to see what the foreign body is and which nostril it is in.



3

Gently occlude the unaffected nostril by pressing down on the soft cartilage and ask the person to blow their nose gently to try dislodging the foreign body.



4

In very young children who are unable to blow their nose, occlude the unaffected nostril and gently blow into their mouth.



5

If it does not work take the person to the hospital as soon as possible.