

Be Care of Nasal Foreign Body

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"Mommy!" Three-year-old Little Amy cried, running to her mother.

"What's wrong? Honey." Mom held Little Amy and looked around , not finding any bumps or scrapes .

Little Amy kept touching her nose, and as she cried, a small Lego block fell out of her nose.

Mom was shocked, "Honey, did you stuff the block in your nose? Let me see if it's bleeding."

Fortunately, little Amy was not injured. She just cried because she couldn't get the blocks out of her nose after they were stuffed in her nose, along with the strong foreign body sensation in her nose.

Please think about what would happen if the blocks were not taken out?

- 1) Blocking the nasal passage, affecting breathing.
- 2) Irritate the nasal mucosa, resulting in clear water-like secretions.
- 3) Damage the nasal mucosa, soft tissue, resulting in swelling, erosion and even necrosis of the nasal mucosa, nasal bleeding, long-term failure to remove the formation of nasal stone, etc.
- 4) Falling into the airway, becoming a foreign body in the pharynx, causing choking and coughing, breathing difficulties, or scratching the pharyngeal wall or even the trachea

All kinds of endings, bringing unimaginable consequences



Figure 1 Dyspnea caused by a foreign body in the throat or trachea

In China, April 9 is "National Nose Day". It is the 20th and this year's theme is "Care for children's nasal cavity, guarding airway health". Today let's talk about children's nasal health.



Nasal foreign body refers to the presence of foreign substances in the nasal cavity. Foreign bodies can be divided into three main categories.

Children with nasal foreign bodies are mainly seen between the ages of 1 and 6 years, especially between the ages of 2 and 4 years.

- **The highest incidence of nasal foreign bodies in children in this age group is related to the psychological and physiological development of children during their growth. Babies who stuff foreign bodies into their nasal passages are not bad babies!**

- 1) From the aspect of **psychological development**, children begin to understand more and more at 5 months of age and become more curious and active, more willing to explore themselves and their surroundings without realizing the dangers.
- 2) From the perspective of **physiological development**, children can grasp things at the age of 5 months, which is a fine action.
- 3) At the same time, the occurrence of nasal foreign bodies in children is also related to the negligence of guardians.

- **What are foreign bodies in the nasal cavity?**

- 1) Non-biological foreign bodies, such as buttons, glass beads, paper rolls, toys, rocks, dirt, etc.
- 2) Plant-based foreign bodies, such as shells, peanuts, beans, kernels, etc.
- 3) Animal foreign bodies, such as insects, roundworms, maggots, trichomonads, leeches, etc.



Figure 2 Foreign bodies taken out from the nose of children by Doctor Li, from China Medical Team

- **What should I do in case of foreign body in the nose?**

Please go to the emergency department of ENT as soon as possible to remove the foreign body in time.

- **The following tips will help you to solve the problem more quickly when you take your child to the clinic**

- 1) Calm your child: Due to the discomfort of the disease and the unfamiliar environment, the child often cries and refuses the doctor's operation, your reassurance helps the child to calm down and the doctor's operation to proceed smoothly.
- 2) Understand the doctor's operation method, purpose and the child's posture, try to cooperate and trust the doctor during the operation.

- 3) Observe the changes in the color and amount of nasal secretions after treatment, review the nasal endoscope within 1 week.
- 4) Prevent your baby from catching a cold, strengthen your baby's nutrition, and avoid helping your baby blow his nose.