

# Foreign Object in the Nose

## What is it?

Anything in the nose that wouldn't normally be there.

## Plan of Action:

- **Remove right away if the object is a magnet, battery or expands when wet.** These objects can cause severe tissue damage in just hours. If it's stuck and you can't remove it easily, seek emergency care.
- **Don't poke or prod the object.** Fingers, cotton swabs and other tools might cause swelling and more damage. If the object is pushed deeper into the nose, it may be harder to remove. And it could cause choking.
- **Don't inhale the object.** You might choke. Instead, breathe through your mouth until the object is removed.
- **Don't wash out the object.** You might choke if the object is washed into the airway. Also, some objects may cause more damage when wet.
- **Blow out of your nose.** The puff of air might free the object. This also is called positive pressure. Don't blow hard or constantly. If the object is stuck in only one nostril, gently close the other nostril with your finger. Then, blow out gently but firmly through the affected nostril.

- **Use tweezers only if the object is easy to see and grasp.**

Don't try this method if you can't easily see or grasp the object. Try blowing air out of the nose first. This might free the object without tweezers.

- **Seek help right away** if you see symptoms of infection or if you can't remove the object on the first try.

**Seek Emergency Care** if these methods fail. Delays and many failed tries to remove a stuck object can lead to infection and damage. Also see a member of your care team if you see symptoms of infection.

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