

The Nose Blows

True story: Our main boat motor had broken down so we had to putt along for 4.5 hours on our little motor with a nine and six year old squeezed somewhere in between a week's worth of gear. At the fairly squirrely four-hour mark, I looked over at our six-year-old son, who was silently grinning from ear to ear with two brown almonds just barely protruding from his nostrils....

It remains a mystery WHY kids put things in their nose, but it is no longer a mystery how to get it out! Check out this family-involved technique for removing a foreign body from a child's nose using a parent's "kiss." It works about 60% of the time, but should always be done under medical supervision due to the risk of aspiration (as with any removal of foreign body) and the theoretical risk of barotrauma to the ears and lungs.

How to perform the 'parent's kiss':

1. The procedure should be fully explained to the parent (or other trusted adult) and the child told they will be given a 'big kiss.' In order to expel the foreign body, the parent then:
2. places their mouth over the child's open mouth, forming a firm seal as if performing mouth-to-mouth resuscitation
3. occludes the unaffected nostril with a finger
4. blows until they feel resistance caused by the closure of the child's glottis
5. Then gives a sharp exhalation to deliver a short puff of air into the child's mouth (which passes through the nasopharynx and out through the unoccluded nostril)
6. If necessary, the procedure can be repeated a number of times

See <http://www.racgp.org.au/afp/2013/may/mothers-kiss/> for more information.