Removal of Foreign Body from the Ear or Nose under General Anaesthetic – Information for Parents and Carers

This section is for the patient to make notes if they so wish:

Name: _________________________________

Who to contact and how: _________________________________

Notes:

_______________________________
_______________________________
_______________________________
_______________________________

Diana, Princess of Wales Hospital
Scartho Road
Grimsby
DN33 2BA
03033 306999
www.nlgnhs.uk

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
DN15 7BH
03033 306999
www.nlgnhs.uk

Goole & District Hospital
Woodland Avenue
Goole
DN14 6RX
03033 306999
www.nlgnhs.uk
Information for patients

Introduction
This leaflet is to provide you with information regarding the removal of a foreign body from your child’s ear or nose under general anaesthetic.

A foreign body refers to any object that is placed in the ear or nose, which is not meant to be there. It could cause harm without medical attention i.e. being removed.

Common small objects that children place in their nose or ears include; beads, buttons, sweets, toys or parts of toys.

Signs that your child has a foreign body in their ear or nose may be:
- bleeding from the affected area
- an offensive smelling discharge, if the object has been there for a long time
- a blocked nose, and / or
- pain

What happens before and after arrival on the Children’s Ward?
Please make sure that your child has not had anything to eat or drink in accordance with the instructions on your letter.

Please arrange your own transport to and from hospital. Do not use public transport to take your child home after the operation. If you have any problems getting to or from the hospital for the appointment, arrangements can be made with hospital transport.

You should arrive on the Children’s Ward at the stated time on your letter.

A nurse will admit your child onto the ward. The nurse will check personal details and measure and record your child’s pulse, temperature, oxygen saturations, blood pressure and weight.

A nurse will apply topical local anaesthetic to the back of your child’s hands. A clear transparent dressing will be applied over the cream. This will numb the area of skin where your child will be cannulated.

Your child will be seen by the anaesthetist, a doctor specially trained to administer an anaesthetic and monitor your child during the operation.
Your child may also be seen by the Ear Nose & Throat (ENT) doctor, who may ask you (or another person with parental responsibility) to sign a consent form if it has not been done previously. The surgeon will draw an arrow in permanent ink indicating the site where the foreign body will be removed from.

Your child can wear their own pajamas to go to theatre alternatively a hospital gown can be worn. They can keep their own underwear on if made from cotton. If possible you should bring your child’s dressing gown and slippers to assist their comfort whilst in hospital.

We welcome teddies and would encourage your child to bring their favourite teddy with them to the appointment.

A play specialist may also talk to your child to find them toys to play with and to reduce any anxiety your child and yourself may have.

**Procedure and Anaesthetic**

When the theatre is ready you and your child will be escorted to the theatre reception area where staff will carry out a theatre check list to ensure your child’s safety. If you are accompanying your child to the anaesthetic room there is a gown and hat to put on, these are infection control safety measures to keep theatre clean.

A little later on a nurse working in the theatre will come and escort you and your child to the anaesthetic room. The nurse from the ward will also accompany you for support. Once your child has been given the anaesthetic, you can give them a kiss but must then leave them so the operation can proceed. The nurse from the ward will return you to the waiting area to remove the hat and gown.

Parents usually return to the Children’s Ward to wait. Facilities are available for you to make yourself a hot or cold drink.

After the operation, your child will be taken to the recovery room to wake from the operation. The recovery nurse will monitor your child during this time and ensure they do not feel nauseous and pain is minimal.

**Benefits**

Removing the foreign body has a number of benefits, including reduction / removal of pain, prevention of infection and relief of other symptoms, such as blocked nose.
Information for patients

Alternatives
Some foreign bodies can be removed whilst a child is awake. This often depends upon the object that has been placed and where it is resting in the ear or nose. An ENT doctor will have discussed this with you and they may have tried to remove it.

Once it decided your child needs to have an operation there are no alternatives.

Risks
As with any operation, there is a small risk from the operation and the general anaesthetic. However the risks are very small.

Risks include:
- side effects from the anaesthetic such as a sore throat or sickness, these can be alleviated with medication
- bleeding or trauma to the site, this should be minimal, and
- infection, if the wound is red, excessively tender or has a persistent oozing, seek medical advice

What happens after my child’s operation?
Once your child is wakeful and settled in the recovery room they will be returned to the Children’s Ward. On the ward the nurse will check your child’s observation. The nurse will monitor your child’s pain and give pain medication if required. Your child may feel sleepy the general anaesthetic, it is often best to encourage them to rest. Your child will have a cannula when they return to the ward; this will be removed prior to discharge.

Your child will be offered sips of water and then light diet when they are ready.

Once your child has recovered they will be discharged home. Your child should be able to go home on the same day, allowing 2 – 4 hours for your child to recover post operatively.

There is a small chance they may need to stay longer or even overnight depending upon their recovery.
Information for patients

Going Home

We advise your child should be taken straight home to rest. They should not return to school for 24 hours post anaesthetic unless the doctor or nurse instructs you otherwise.

In most circumstances there is no follow-up appointment. You will be informed and an appointment will be sent to you if a follow-up is needed.

Additional information for risk in the home

It is important you minimize the risk that your child will put something in their ear, up their nose or swallow something that they should not. All of these activities will have potential health risks. You should:

- Choose toys for your children that are age appropriate
- Supervise your child whilst they are playing with small toys, such as beads and Lego
- Tidy toys away after children have finished playing with them
- Keep medicines away from children, the best place is in a high locked cupboard (remember the painkillers in your handbag)
- Keep all cleaning products locked away in a high cupboard. Remove toilet cleaner from around the toilet, and
- Store liquid washing detergent tablets in a cupboard high up away from children. They are very dangerous if swallowed or even bitten

Button batteries, the small round batteries you find in a growing number of toys and everyday objects like remote controls and car key fobs, are also extremely dangerous. They will cause a caustic reaction if swallowed, which can cause serious internal burns within hours. They may also cause burns if lodged in the ear or nose.

If you suspect your child has swallowed a button battery or they have a button battery lodged in their ear or nose you should seek immediate medical help:

- Take them straight to the A&E department at your local hospital or dial 999 for an ambulance
- Tell the doctor that you think your child has swallowed a button battery
Information for patients

- If you have the battery packaging or the product powered by the battery, take it with you. This will help the doctor identify the type of battery
- Do not let your child eat or drink
- Do not make them sick, and
- Trust your instincts and act fast – do not wait to see if any symptoms develop

Reference Section

Earache: [https://www.nhs.uk/conditions/earache/](https://www.nhs.uk/conditions/earache/) Available online 16/10/2020.


Contact Details for Further Information

Children’s Outpatient Department, DPoW: 03033 303057
Paediatric Outpatient Department, SGH: 03033 302027
Rainforest Ward, DPoW: 03033 304477
Disney Ward, SGH: 03033 302553
NHS (non-emergency): 111

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) is available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats are available on request at nlg-tr.interpreters@nhs.net
Alternative Languages

All of our leaflets are available to view in different languages via Browsealoud on our website at www.nlg.nhs.uk/patients/patient-leaflets/

Toate pliantele noastre sunt disponibile pentru a fi vizualizate în diferite limbi prin intermediul Browaloud pe site-ul nostru, la www.nlg.nhs.uk/patients/patient-leaflets/

Wszystkie nasze ulotki są dostępne do przeglądania w różnych językach za pośrednictwem Browaloud na naszej stronie internetowej www.nlg.nhs.uk/patients/patient-leaflets/

Visus mūsų lankstinukus galite peržiūrėti įvairiomis kalbomis, naudodamiesi „Browsealoud“ mūsų svetainėje, adresu www.nlg.nhs.uk/patients/patient-leaflets/

Vse naše zloženke so na voljo za ogled v različnih jezikih prek Browaloud na našem spletnem mestu www.nlg.nhs.uk/patients/patient-leaflets/

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