



Foreign Body in Ear or Nose

Patient information Leaflet

June 2019

This leaflet aims to help you understand what when your child is admitted for removal of a foreign body from the nose or ear and how we treat and care for children having this procedure.

Foreign bodies in the ear and nose sometimes occur in children. Foreign bodies refer to any object that is placed in the ear and nose, which is not meant to be there and could cause harm without medical attention.

HOW LONG WILL MY CHILD BE IN HOSPITAL FOR?

Your child will come into hospital, have the operation and usually go home on the same day. They will be admitted to the Children's Unit. Parents have open visiting times, and other relatives can visit between 13:00 and 20:00. Some children may need to stay in hospital overnight and a parent is able to stay overnight with them.

WHAT HAPPENS TO MY CHILD WHEN WE ARRIVE AT THE CHILDREN'S UNIT?

- A nurse will admit your child onto the unit check personal details and take their pulse, temperature, oxygen saturations and blood pressure. Please tell the nurse if they have any known allergies or take any medication. Please bring any medication with you on the day. Please ensure you also inform the nurse if they have any other medical conditions.
- You will be asked to sign a consent form. If your child is having a general anaesthetic, you will be given staving instructions. Please do not allow your child to chew gum as this causes an increase in saliva.
- Your child will be given a hospital gown to wear. Please also bring slippers, dressing gown and any teddy bears/dolls/toys for comfort.
- A nurse will apply Ametop cream/EMLA ('Magic Cream') if required to numb the area where your child will be cannulated.
- A play specialist will also conduct a pre-operative talk with you and your child. They are involved in helping your child to understand the procedure and distracting your child in the anaesthetic room.

WHAT HAPPENS AFTER MY CHILD'S OPERATION?

After the operation, your child will be taken to the recovery room and you will be able to accompany them back to the ward when they are awake. A 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 after a general anaesthetic. They will have a cannula in-situ which 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, and the medical and nursing team agree your child is well, you can go home.

GOING HOME

- Please ensure you have paracetamol and ibuprofen at home for your child before your appointment. Give pain relief as needed once discharged home. Do not give more than advised on the label.
- You should stay with your child for at least 24 hours following their surgery.
- If a follow-up appointment is needed, a letter will be sent to you with the appointment details. If you are worried about your child's condition, please contact your GP or if necessary attend the Accident & Emergency Department.

WHEN WILL MY CHILD BE ABLE TO RETURN TO SCHOOL?

Your child will need 24 hours off school.

Please encourage your child to not touch the affected area following the operation.

Please contact your GP if your child experiences any of the following:

- Increased pain
- Discharge
- Persistent bleeding

WHO SHOULD I CONTACT IF THERE IS A PROBLEM FOLLOWING MY CHILD'S SURGERY?

Useful Contact Numbers:

- Children's Unit 0161 922 5252 (24 hrs)
- Go to Doc (GP service) 0161 785 0805 (out of hours)
- NHS Direct 101 (24hr helpline)
- You can also contact your GP for advice.

Useful Websites/information:

- Department of Health (www.dh.gov.uk)
- NHS Choices (www.nhs.uk/conditions)
- NHS institute for innovation and improvement (www.institute.nhs.uk)
- NHS Improvement (www.improvement.nhs.uk)

