

## Patient Education Handout: Foreign Body (Nose or Ear)

- A foreign body refers to organic (ex: food particles, cotton pieces, insects) and inorganic (ex: beads, rocks, toys) materials inserted into the nose or ears.
- Do not put anything smaller than your elbow in your ears or nose. This includes cleaning your ears with a cotton-tipped applicator.
- An oral analgesic (such as acetaminophen or ibuprofen) may be taken for pain as directed by your health care provider.

You may take:

- Acetaminophen \_\_\_\_mg to \_\_\_\_mg every \_\_\_\_ to \_\_\_\_ hours for \_\_\_\_day(s) as needed
  - Ibuprofen \_\_\_\_mg to \_\_\_\_mg every \_\_\_\_ to \_\_\_\_ hours for \_\_\_\_day(s) as needed
- Monitor for signs and symptoms of infection: increase in pain, foul drainage from the ears or nose, foul odour from the ears or nose, fever, hearing loss, and return to the clinic for seek care from another health care provider.

