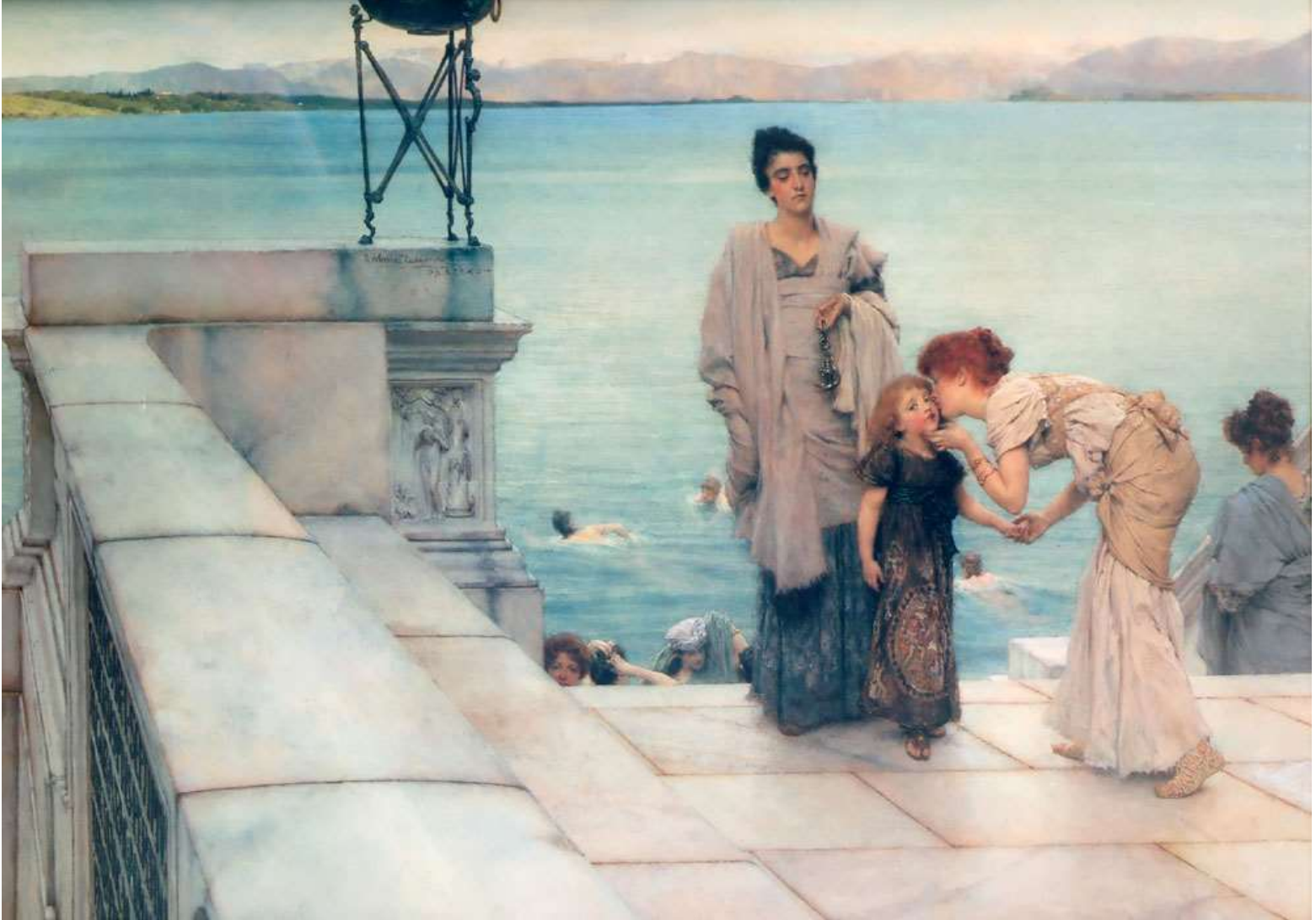


**NASAL FOREIGN BODY IN CHILDREN - MOTHERS KISS**



*"A Kiss" oil on canvas, 1891 Lawrence Alma Tadema.*

**Introduction**

The **Mother's Kiss technique** can be used to retrieve nasal foreign bodies, in young children.

Nasal foreign bodies most commonly occur in children aged 2 - 5 years.

The mother's kiss technique is effective approximately 60 % of the time, and even when not successful, may improve visibility of the foreign body, thus making removal by another technique easier.

It is recommended that a parent have medical supervision to perform the technique, which has a number of theoretical risks.

### Indications

The child should be cooperative and have the trust of the mother.

### Technique



*The Mother's Kiss Technique for retrieval of nasal foreign bodies in children.*<sup>1</sup>

1. It is recommended that the mother (or other trusted adult) perform the procedure under medical supervision:
2. The procedure should be fully explained to the mother (or other trusted adult) and the child told they will be given a "big kiss".

*In order to expel the foreign body, the mother (or other trusted adult) then:*

3. Places their mouth over the child's open mouth, forming a firm seal as if performing mouth-to-mouth resuscitation (*as above*).
4. Occludes the unaffected nostril with a finger (*as above*).
5. Blows until they feel resistance (caused by the closure of the child's glottis).
6. A sharp exhalation is then delivered to provide a short puff of air into the child's mouth, which passes through the nasopharynx and out through the un-occluded nostril, hence expelling the foreign body.

If necessary, the procedure can be repeated a number of times.

Note that in older and cooperative children, it may be possible to occlude the child's unaffected nares, and then simply ask the child to close their mouth and blow hard through the nose.

### **Complications**

It has NHMRC Level 1 evidence of efficacy and no serious adverse effects have been reported.

A number of theoretical risks have been proposed, such as barotrauma to the tympanic membranes and lower airways.

However, there has never been a reported incidence of tympanic membrane rupture or pneumothorax using the mother's kiss technique

The main danger in removing a nasal foreign body by any technique is aspiration, particularly in a child who is uncooperative.

## References

1. Paul Glasziou et al. (HANDI Project Team) Aust Fam Phys. Vol 42, no. 5 May 2013.
2. Cook SC, Burton DM, Glasziou P. Efficacy and safety of the 'mother's kiss' technique: a systematic review of the case reports and case series. CMAJ 2012; 184: E904 - 12.
3. Purohit N, Ray S, Wilson T, Chawla OP. The "parent's kiss": an effective way to remove paediatric nasal foreign bodies. Ann R Coll Surg Engl 2008; 90:420 - 2.

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