



ENT

WHAT YOU CAN DO BEFORE YOU GET TO THE DOCTOR



To do and *not* to do

Sometimes even the most regular problems of the ear, nose and throat can become health threats. It's best to know what to do, and when. Simple dos and don'ts can save you a lot of pain and possibly surgery. Here are a few common ailments and how to deal with them:

1

THE EAR

Earwax

You may use wax-softening eardrops but ideally you should get earwax removed only by an ENT specialist. Never pour warm water, hydrogen peroxide, oil, honey or any liquids in the ear. Definitely don't use ear buds, pens, pencils, hairpins, toothpicks, match stick, etc. to extract the wax, or scratch the ear.

Earache

For immediate relief, try taking a painkiller containing paracetamol. If the pain persists, consult a doctor. Use ear drops only when your ENT prescribes. Putting things like ear buds, pens, pencils, hairpins, toothpicks and matchsticks in your ear will only increase the damage. If you have a cold, don't blow your nose.

Insect in the ear

Firstly, don't panic and rush to any quack to get it out. Never attempt pulling it out with forceps or you'll damage your ear. Also, shining a light into the ear may frighten the insect and make it go deeper. Instead, try tilting your head to the side to remove the insect. If this is unsuccessful, rush to your ENT specialist.

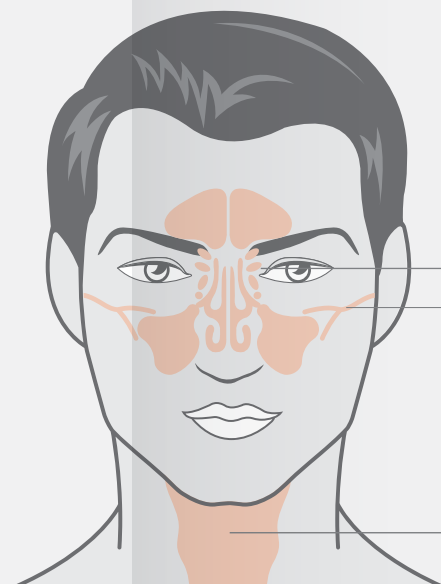
Foreign body in the ear

Seeds, grains, vegetables and other such foreign bodies absorb water and could swell up and impact the ear, leading to pain and infection. Please do not put water, oil or any liquid into the ear. Do not panic - anxiety can increase blood pressure and cause bleeding. You must never remove the foreign body on your own or there can be serious damage. Visit your ENT specialist to get it removed.

Sudden Sensorineural Hearing Loss (SSNHL)

Although this is a medical emergency, do not panic or try self-medication. The deafness occurs within a few minutes, few hours or a couple of days and may be associated with a ringing or buzzing sound in the ear. Visit your ENT specialist immediately to prevent permanent hearing loss. Ideally, treatment should start within the first 24 hours for better results. You may be required to be in the hospital for 3-5 days.

ENT Chart



Foreign body in the nose

Don't panic and try to remove anything yourself. This may push it deeper into the nose, air, or food passage, and cause injury. It will also make it difficult for your ENT specialist to remove it later. Also, do not put any medicine into the nose unless your ENT specialist has prescribed it.



Earache:

Use ear drops only when your ENT prescribes



Bleeding from the nose:

Do not blow your nose or pick it to remove scabs



Throat Infection:

Drink plenty of warm fluids

2

THE NOSE

Bleeding from the nose

Immediately bend forward, downwards, with your nose firmly closed - applying pressure with the fingers and thumb. Apply external compression on the nose with an ice pack or a cloth soaked in ice-cold water. If you are on medication for high blood pressure and have missed a dose, take it. Consult your doctor immediately and get your blood pressure checked. Do not blow your nose or pick it to remove scabs - removing a blood clot will increase the bleeding.

3

THE THROAT

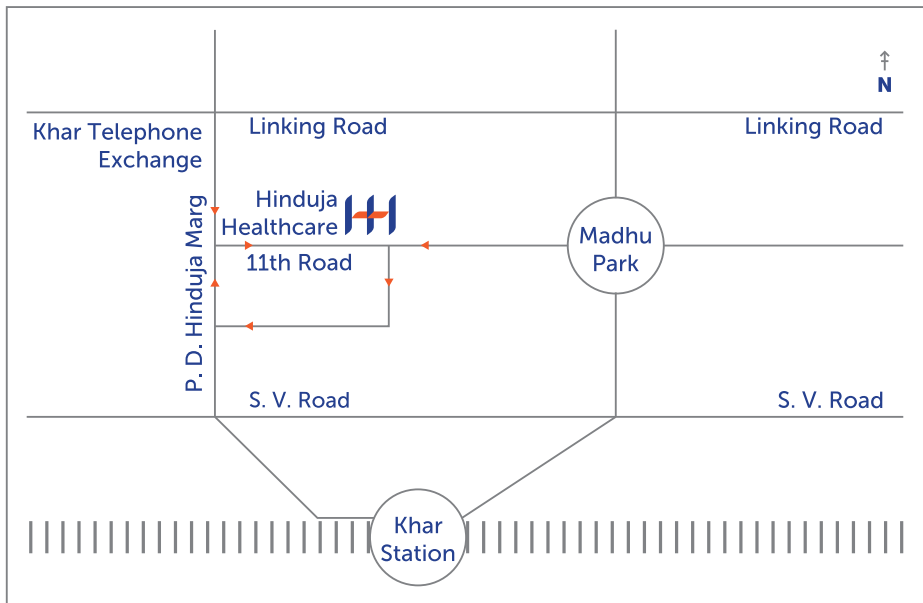
Common Cold or Throat Infection

Start steam inhalation, salt water, gargling, and drink plenty of warm fluids. Needless to say, avoid ice and cold drinks. You can take a mild painkiller and syrup but no antibiotics unless prescribed by your doctor. If you're a smoker, stop immediately. Rest as much as possible and do not expose yourself to dust, smoke or chilly weather. Avoid blowing your nose too often or hard - as this may cause the infection to spread to your ears.

Foreign body in the air or food passage

This could be a life-threatening emergency and you need to rush to your nearest ENT Surgeon. However, do not panic or give the patient anything to eat or drink.

The ENT department at Hinduja Healthcare Surgical and its dedicated team of specialists is here to solve all your ENT issues, from basic to the most advanced. Fix an appointment to see how we can help you.



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