

Patient Advocacy:

EAR

DO's	DON'T
Avoid noisy places	Don't put sharp objects like hair pin, pen etc in the ear
In case of ear discharge , if some one has headache, asymmetry of face, vomiting, swelling around the ear then report to ENT surgeon immediately	Do not put hot oil in the ear
Avoid personal listening devices for too long	Don't go to quack or person in public places for wax removal eg market
If the child is crying inconsolably and touching the ear repeatedly or putting finger in the ear It could be the infection of the Ear	

NOSE

DO's	DONT
'Snoring in children for more than a week should be consulted at the earliest	Avoid nose picking
If the nasal discharge is green or yellow then consult at the earliest	Repeated and continuous use of nasal drops is harmful for the lining of nose
Continuous leak of watery discharge from the nose which cannot be sniffed back specially after trauma could be sign of CSF leak and should be immediately consulted	Avoid hard blowing of nose during Upper respiratory tract infection
Repeated nose bleeding in an adult could be a sign of tumor in the nose	
Allergic rhinitis and asthma are frequently associated with each other and thus should be ruled out in each case	
Yellowish nasal discharge from nose or into mouth from nose, headache, nasal obstruction are signs for Sinusitis and should be evaluated	

HEAD & NECK

DO'S	DON'T
Avoid	Avoid smoking
Any non-healing ulcer, difficulty in swallowing, abnormal looking mole, any persistent swelling, persistent sore throat, Difficulty in opening of mouth, swelling in the neck should be evaluated by an ENT surgeon	Avoid Tobacco
	Avoid Paan, Paan Masala and Beetle nut

LARYNX

DO'S	DON'T
Any Hoarseness for more than 2 weeks should be evaluated	Avoid smoking
Persistent irritation in throat, khich khich, repeated clearing of throat are signs for chronic laryngitis	Avoid Tobacco

CHILDREN

DO'S	DON'T
Get vaccination at regular prescribed interval	Nose picking
	Avoid buds for cleaning the ear