

Ear Nose and Throat

Angus Shao
ENT Consultant
FRACS ORL-HNS, EAFPS, MBChB



Common ENT problems

<https://www.healthpoint.co.nz/public/ent-head-neck-surgery/waitemata-dhb-ear-nose-throat-ent-otorhinolaryngology>

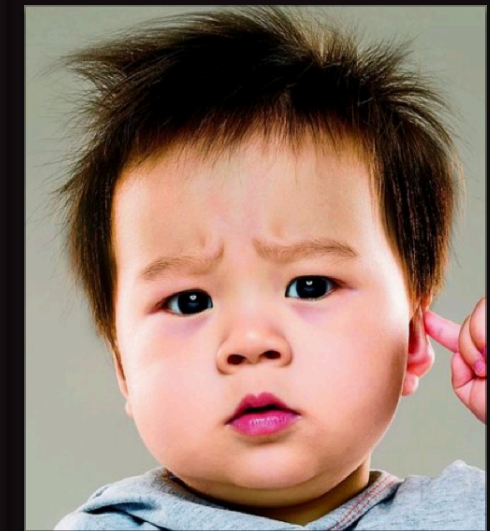
#1 Cotton bud for clearing the wax

- ✦ the ear is a self-cleansing organ
- ✦ Cotton bud pushes the wax in
- ✦ Retained cotton bud in the ear
- ✦ microtrauma from the fibres lead to itchiness, pain, infection



#2 Earache

- ✦ URTI most common cause of earache
- ✦ Tonsillitis/pharyngitis/laryngitis
- ✦ TMJ and other referred pain
- ✦ ?abx
- ✦ does grommet cure OME?



#3 Tinnitus

- ✦ not a disease in itself
- ✦ neurological, vascular disease, trauma, medication etc
- ✦ management is to lessen the burden
- ✦ beware of unilateral tinnitus



#4 Epistaxis

- ✦ Most common cause is digital trauma
- ✦ Most common site anterior septum
- ✦ Cautery may need to be repeated
- ✦ Surgery often required for posterior bleed



#5 nasal fracture

- ✦ Broken nose is common (sports, fall, Saturday night)
- ✦ Pain, epistaxis, swelling
- ✦ Nasal obstruction / Deformity
- ✦ Timing; when and how to fix it



#6 Sinusitis

- ✦ sinusitis is common
- ✦ acute sinusitis can lead to facial pain and headache
- ✦ must have sinonasal symptom
- ✦ isolated facial “sinus” pain is very unlikely related to sinusitis



#7 Sinus surgery cures sinusitis, or does it?

- ✦ very successful in improving QOL
- ✦ Surgery can not cure all problems
- ✦ understand what surgery is going to address
- ✦ most successful when its part of the overall package of care



