

ENT OPD CASE (NOSE and THROAT)

Tonsillo-pharyngitis	<ul style="list-style-type: none"> • Gurgle with Betadine 2% solution (1 cup Luke-warm water with 10 ml solution) x TDS X 7 days • Antibiotics (prefer – Co-amoxyclav) • Analgesics • Antacids • Anti-histaminic
Nasal obstruction and sinusitis	<ul style="list-style-type: none"> • Steam inhalation with Karvol plus x TDS x 7 days • Antibiotics • Antihistaminic • Local decongestants • Antacids
Polyp	<ul style="list-style-type: none"> • Steam inhalation with Karvol plus x TDS x 7 days • Antibiotics • Antihistaminic • Local decongestants • Nasal spray fluticasone
Adenoid	<ul style="list-style-type: none"> • Antibiotics • Antihistaminic • Local decongestants • Nasal spray fluticasone • X-ray neck lateral view
Oral ulcer	<ul style="list-style-type: none"> • Lexanox plus ointment To be locally applied x BD X 7 Days • Tab multivitamins 1-tab ODHS X 15 Days • Tab anti-oxidants 1-tab ODHS x 15 days
Any types of swelling	<ul style="list-style-type: none"> • If sign of inflammation present Start antibiotics • if no sign no role of antibiotics

	investigation - <ul style="list-style-type: none">• for thyroid – T3, T4, TSH• for all – UGS and FNAC
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