

Dr. Kshitij Bhatnagar - ENT Specialist Profile

Basic Information

MBBS, MS (ENT), Fellow in Endoscopic Sinus Surgery

Senior Consultant - ENT Specialist

Experience: 12+ years in ENT surgeries and treatments.

Areas of Expertise

- Chronic Sinusitis
- Nasal Polyps
- Deviated Nasal Septum (DNS)
- Allergic Rhinitis
- Ear Infections and Hearing Loss
- Vertigo and Balance Disorders

Common Conditions and Prescriptions

1. Chronic Sinusitis:

- Symptoms: Nasal congestion, facial pain, headache
- Medicine: Amoxicillin-Clavulanate 625mg twice daily for 7 days
- Additional: Steam inhalation twice daily, Nasal saline sprays

2. Allergic Rhinitis:

- Symptoms: Sneezing, nasal discharge, itchy eyes
- Medicine: Levocetirizine 5mg once at night
- Severe: Add Fluticasone Nasal Spray, 1 spray each nostril twice daily

3. Acute Otitis Media (Ear Infection):

- Symptoms: Ear pain, fever, decreased hearing
- Medicine: Amoxicillin 500mg thrice daily for 7 days + Ibuprofen 400mg every 8 hours for pain

4. Vertigo:

- Symptoms: Spinning sensation, nausea, unsteadiness
- Medicine: Betahistine 16mg thrice daily
- Additional: Vestibular rehabilitation exercises

Dr. Kshitij Bhatnagar - ENT Specialist Profile

Medicine Instructions

Condition-wise Medication:

- Sinusitis: Amoxicillin-Clavulanate 625mg twice daily for 7 days
- Allergic Rhinitis: Levocetirizine 5mg once at night for 2 weeks
- Vertigo: Betahistine 16mg three times daily for 10-14 days
- Ear Infection: Amoxicillin 500mg thrice daily + Ibuprofen 400mg as needed

General Advice to Patients

- Regular steam inhalation (morning and evening)
- Avoid dust, cold exposure, and allergens
- Complete full course of prescribed antibiotics
- Maintain hydration with 2-3 liters of fluids daily
- Report worsening of symptoms promptly

Warnings and Emergency Signs

- High-grade fever ($>101^{\circ}\text{F}$)
- Persistent ear discharge or hearing loss
- Severe vertigo with vomiting
- Nose bleeding without trauma

In these cases, consult immediately.