

# G. Paul Doxey, MD

Trusted, experienced personal ENT care

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## G. PAUL DOXEY, MD

**Board-Certified:** American Board of Otolaryngology

**Residency:** Otolaryngology–Head & Neck Surgery, University of Utah Medical Center, Salt Lake City

**MD:** University of Utah College of Medicine, Salt Lake City

### TRUSTED CARE FOR:

- Sinus/nasal problems
- Snoring & sleep apnea
- CT-guided sinus surgery
- Balloonplasty
- Deviated septum
- Nasal blockage/polyps
- Nasal fractures
- Nosebleeds
- Ear pain & infections
- Voice & swallowing disorders
- Care of the professional voice
- Perforated eardrum
- Head & neck surgery/cancer
- Thyroid & parathyroid surgery
- Allergies & testing
- Salivary gland infections & surgery
- Nose reshaping (rhinoplasty)
- Facial or nasal fracture repair
- Otoplasty (correction of overly prominent or poorly positioned ears)
- Neck masses
- Facial wound repair & reconstruction
- Surgical removal of facial moles & tumors

### TRUSTED CONVENIENCE:

- Convenient location
- Friendly, courteous staff
- Most insurance accepted & filed
- Major credit cards welcome
- Convenient office hours
- Ample free parking

## Instructions for Care of an External Ear Infection

1. Do not allow moisture into your ear – especially during showers, washing your ears or using hair spray. Swimming must be avoided until the infection clears completely. You may wash your ears with a well-wrung-out wash cloth so that they appear clean to others, but this must be the limit of cleaning. When you wash your hair, place a plug of cotton mixed with a coating of Vaseline ointment in the ear to completely seal the ear canal from moisture.
2. Absolutely no scratching or cleaning is allowed of your ear canals with a cotton tipped applicator (Q-tip), hair pin, pencil eraser or finger.
3. If antibiotic eardrops have been prescribed, apply at body temperature. Body temperature can be achieved by carrying the drops in your pocket for 15 minutes or rubbing the bottle in your hands for FIVE minutes. Do not use them from the refrigerator. Apply as often as directed. Lie down or tilt your head with the affected ear up for a minute or two after placing the drops. Do not touch the ears with the dropper. If nonpainful, pump the drops down into the ear canal by repeatedly compressing the small piece of cartilage just in front of the ear canal so that it covers the opening. Place the above-mentioned fresh cotton piece with Vaseline into the opening so the drops do not run out of the ear. Try to leave the cotton in place for at least an hour.
4. If a wick has been placed into your ear, then no cotton and Vaseline plug are required. Leave the wick in place per Dr. Doxey's orders.
5. If an ointment or a cream has been prescribed, it should be placed on the end of a Q-tip and gently applied to the opening of the ear canal and not into the canal itself.
6. Your ear may ache, feel numb, feel full, have decreased hearing or swell. These symptoms may persist for several days until the treatment has time to be effective.
7. If your symptoms get worse despite a reasonable effort to correct the problem, then contact Dr. Doxey.
8. Return for your next appointment when directed.