

ENT Ear Procedure 2020-02-19

AFTER VISIT SUMMARY

Jeffrey Bodin MRN: 1002548110 2/19/2020 8:30 AM University Medical Center ENT Clinic 504-702-3440

Instructions from Nathan Carl Grohmann, MD

Your personalized instructions can be found at the end of this document.



Return in about 6 months (around 8/19/2020).

What's Next

FEB 28 2020

Follow Up Appointment with Callie Anne Linden, MD Friday February 28 8:20 AM (Arrive by 7:35 AM)

University Medical Center Family Medicine Clinic 2000 Canal St NEW ORLEANS LA 70112-3018 504-962-6338

MAR 9 2020

New Patient Appointment with Peter Robert Kastl, MD Monday March 9 8:00 AM (Arrive by 7:15 AM)

University Medical Center Vision Clinic 2000 Canal St New Orleans LA 70112-3018 504-702-3950

Please bring copies of:

- Medical records
Results for labs or tests pertinent to the diagnosis you are being seen for
A list of all your medications.

MAR 16 2020

New Patient Appointment with Melissa Ann Spera, MD Monday March 16 8:30 AM (Arrive by 7:45 AM)

University Medical Center Gastroenterology Clinic 2000 Canal St New Orleans LA 70112-3018 504-962-6099

Please bring copies of:

- Medical records
Results for labs or tests pertinent to the diagnosis you are being seen for
A list of all your medications.

MAR 23 2020

Genetic Counseling with Alix R. D'Angelo, MGC, CGC Monday March 23 1:00 PM (Arrive by 12:30 PM)

University Medical Center Cancer Center 2000 Canal St New Orleans LA 70112-3018 504-702-3311

Today's Visit

You saw Nathan Carl Grohmann, MD on Wednesday February 19, 2020. The following issue was addressed: Bilateral impacted cerumen.



Blood Pressure 113/73



BMI 15.70



Weight 101 lb 12.8 oz



Pulse 92



Respiration 16



Oxygen Saturation 100%

LCMC Health Patient Portal

Patient already has an active LCMC Health Patient Portal account.

2020-02-19

### What's Next (continued)

MAR 26 2020 **Ophthalmology Established Patient with George Saba Ellis Jr., MD**  
Thursday March 26 3:30 PM (Arrive by 3:15 PM)

Children's Hospital Ophthalmology  
200 Henry Clay Ave.  
New Orleans LA 70118-5720  
504-896-2888

MAR 30 2020 **New Patient Appointment with Deborah Caruso Hilton, MD**  
Monday March 30 8:00 AM (Arrive by 7:15 AM)

University Medical Center Dermatology Clinic  
2000 Canal St  
New Orleans LA 70112-3018  
504-702-3376

Please bring copies of:

- Medical records
- Results for labs or tests pertinent to the diagnosis you are being seen for
- A list of all your medications.

APR 6 2020 **Dermatology Established Patient with Laura Conway Williams, MD**  
Monday April 6 8:30 AM (Arrive by 8:15 AM)

Children's Hospital Dermatology  
200 Henry Clay Ave.  
New Orleans LA 70118-5720  
504-896-2888

MAY 14 2020 **Orthopedics Established Patient with Joseph Gonzales, MD**  
Thursday May 14 8:30 AM (Arrive by 8:15 AM)

Children's Hospital Northshore Center - Orthopedics  
71338 Hwy 21  
Covington LA 70433-7162  
504-896-2888

MAY 27 2020 **New Patient Appointment with Monica Noya Santana, MD**  
Wednesday May 27 2:30 PM (Arrive by 1:45 PM)

University Medical Center Neurology Clinic  
2000 Canal St  
New Orleans LA 70112-3018  
504-962-6210

Please bring copies of:

- Medical records
- Results for labs or tests pertinent to the diagnosis you are being seen for
- A list of all your medications.

Showing your appointments through May 27, 2020. You have more appointments scheduled after these.

## Need to Schedule an Appointment?

To schedule an appointment, call 504-702-3440.

## Current Health Issues

Migraine-cluster headache syndrome

Melanoma in situ of left lower leg

Peripheral neuropathy

Inflammatory neuropathy

✓ Bilateral impacted cerumen


## Your Allergies







Date Reviewed: 1/9/2020

Allergen	Reactions
Lactose	Nausea And Vomiting Diarrhea
Latex	Rash

2020-02-19

Your Medication List as of February 19, 2020 9:23 AM

 Always use your most recent med list.

	Morning	Around Noon	Afternoon	Evening	Bedtime	As Needed
 <b>AFLURIA QUAD 2018-2019 (PF)</b> 60 mcg (15 mcg x 4)/0.5 mL Syrg injection Generic drug: flu vacc qs2018-19 6mos up(PF) ADM 0.5ML IM UTD						
 <b>azelastine</b> 137 mcg (0.1 %) nasal spray Commonly known as: ASTELIN 1 spray by Nasal route 2 (two) times daily						
 <b>DYMISTA</b> 137-50 mcg/spray Spry Generic drug: azelastine-fluticasone 1 spray by Nasal route daily						
 <b>fexofenadine</b> 180 MG tablet Commonly known as: ALLEGRA Take 180 mg by mouth daily						
 <b>fluticasone propionate</b> 50 mcg/actuation nasal spray Commonly known as: FLONASE USE ONE SPRAY IEN ONCE D						
 <b>montelukast</b> 10 mg tablet Commonly known as: SINGULAIR Take 10 mg by mouth daily						



## Ear Wax Impaction Discharge Instructions

### About this topic

Cerumen or earwax is a wax that is made by glands in your ear canal. Most of the time it moves out of your ear on its own. Earwax:

- Protects your ear from infection and foreign objects
- Lubricates your ear
- Prevents infection

Sometimes, the earwax does not move on its own and blocks the ear canal. This is an impaction. Earwax can also become hard and dry which makes it harder to remove.

### What care is needed at home?

- Ask your doctor what you need to do when you go home. Make sure you ask questions if you do not understand what the doctor says. This way you will know what you need to do.
- Ask your doctor how to safely clean your ears.
- Talk to your doctor about how to avoid wax build-up.
- Ask your doctor about using a few drops of mineral oil, baby oil, or glycerin in the ear once or twice a week. It may help to soften the wax and keep earwax from building up.

### What follow-up care is needed?

Your doctor may ask you to make visits to the office to check on your progress. Be sure to keep these visits. The doctor will look at your ears to check for wax impaction.

### What drugs may be needed?

The doctor may order drugs to soften wax or help with cleaning. Ask your doctor before using over-the-counter (OTC) drugs.

### What problems could happen?

- Short-term hearing loss. Hearing should return after blockage is removed.
- Infection in the outer ear

### What can be done to prevent this health problem?

- Clean your ear with a warm soapy wash cloth. Only wash the outer ear.
- Do not use cotton swabs or other things to clean your ears. This can push wax further into your ear canal and cause damage to the ear canal and ear drum.

## When do I need to call the doctor?

- Signs of infection. These include a fever of 100.4°F (38°C) or higher, chills, very bad sore throat, or sinus pain.
- Hearing loss that does not go away
- Very bad ear pain and drainage from the ear
- Dizziness
- Ringing sound in the ear
- You are not feeling better in 2 to 3 days or you are feeling worse

## Helpful tips

- Dry your ears well after swimming.
- Do not use ear candles to treat or remove earwax.
- Only clean your ears as directed to avoid damage.

## Teach Back: Helping You Understand

The Teach Back Method helps you understand the information we are giving you. The idea is simple. After talking with the staff, tell them in your own words what you were just told. This helps to make sure the staff has covered each thing clearly. It also helps to explain things that may have been a bit confusing. Before going home, make sure you are able to do these:

- I can tell you about my condition.
- I can tell you ways to help soften earwax and keep it from building up in the future.
- I can tell you what I will do if I have a fever, hearing loss, ear pain, or drainage from my ear.

## Where can I learn more?

American Speech-Language-Hearing Association

<http://www.asha.org/uploadedFiles/AIS-Earwax.pdf#search=%22earwax%22>

NHS Choices

<http://www.nhs.uk/conditions/earwax/pages/introduction.aspx>

## Last Reviewed Date

2018-08-22

## Consumer Information Use and Disclaimer

This information is not specific medical advice and does not replace information you receive from your health care provider. This is only a brief summary of general information. It does NOT include all information about conditions, illnesses, injuries, tests, procedures, treatments, therapies, discharge instructions or life-style choices that may apply to you. You must talk with your health care provider for complete information about your health and treatment options. This information should not be used to decide whether or not to accept your health care provider's advice, instructions



2020-02-19

Follow-up appt #1/2

University Medical Center- New Orleans (UMCNO)

BODIN, JEFFREY  
528 BEAU CHENE DR  
MANDENVILLE, LA 70471-1777

MED REC #: 1002548110  
985-272-8989 (home) 985-520-4713 (work)

Appointment Details (Created on 2/19/2020)

Date: 8/19/20 Time: 9:00 AM

Department: University Medical Center ENT Clinic

Exam Type: Hearing Test

Location: 2000 Canal St New Orleans, LA 70112-3018  
Phone: 504-702-3440

Appointment Comments:  
UMCNO Ears, Nose and Throat Center, 3rd floor of the Clinic (ACB)

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Please report to University Medical Center New Orleans. The main patient entrances are on S. Galvez Street and Tulane Avenue. Free patient parking is available in our parking garage at 2001 Tulane Avenue. On the day of your appointment, report to the UMCNO Ears, Nose, and Throat Center on the third floor of the Clinic (ACB). Swipe your valid driver's license or state-issued ID card at the kiosk on your clinic floor. When called, check in with the Patient Access Registrar.

Thank you for allowing us to provide your care. Your appointment is scheduled at a specific time and we will make every effort to ensure that you are seen with minimal delay.

- Please bring this notice with you when you come for your appointment.
- Present this notice when you sign in.
- Arriving earlier than your appointment time will not guarantee that you will be seen earlier.
- If you sign in earlier than your appointment time, you may NOT be called for registration until your appointment time.
- To assist your provider in reviewing your medication, we suggest that you bring all of your medications including over-the-counter/herbal medications with you to your clinic appointment on every visit and place them in a "brown bag."

2020-02-19



Follow-up appt #2/2

University Medical Center- New Orleans (UMCNO)

BODIN, JEFFREY  
528 BEAU CHENE DR  
MANDENVILLE, LA 70471-1777

MED REC #:1002548110  
985-272-8989 (home) 985-520-4713 (work)

Appointment Details (Created on 2/19/2020)

Date: 8/19/20 Time: 10:30 AM

Department: University Medical Center ENT Clinic

Provider: Laura Pelaez, MD

Location: 2000 Canal StNew Orleans,LA 70112-3018  
Phone: 504-702-3440

Appointment Comments:  
UMCNO Ears, Nose and Throat Center, 3rd floor of the Clinic (ACB)

-----  
Please report to University Medical Center New Orleans. The main patient entrances are on S. Galvez Street and Tulane Avenue. Free patient parking is available in our parking garage at 2001 Tulane Avenue. On the day of your appointment, report to the UMCNO Ears, Nose, and Throat Center on the third floor of the Clinic (ACB). Swipe your valid driver's license or state-issued ID card at the kiosk on your clinic floor. When called, check in with the Patient Access Registrar.

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Instructions

**THE SLIDELL EAR, NOSE & THROAT ASSOCIATES**

A PROFESSIONAL MEDICAL CORPORATION  
EAR, NOSE AND THROAT, HEAD AND NECK SURGERY  
ALLERGY, FACIAL PLASTIC SURGERY

Robert E. Owens, M.D.\*

Gerard F. Peña, M.D.\*

Louis C. Hebert, M.D.\*

\*DIPLOMATE AMERICAN  
BOARD OF OTOLARYNGOLOGY

1850 Gause Boulevard, Suite 301

Slidell, LA 70461

Telephone: 85-646-4400

Fax: 85-646-4408

**EAR CLEANSING OR LAVAGE**

This is a useful home remedy for patients who suffer from frequent external ear infections, itching or scaling ears or for frequent wax buildup.

\*\*\*First purchase an over the counter preparation from your druggist called Domeboro powder or tablets.

\*\*\*Use a clean container (quart jar for example) and make a solution of one pack of Domeboro (or one effervescent tablet) for every pint of water (2 packs per quart). Use warm water that approximates body temperature. Not all of the Domeboro will dissolve into solution.

\*\*\*Use a water Pic or irrigation bulb to cleanse the ears with the Domeboro solution.

\*\*\*Towel dry the ears and if water sensation persists, use a hand held hair dryer at a comfortable distance from the ear to "blow dry" any residual moisture. Do not use cotton tipped applicators to dry or cleanse the ears.

\*\*\*Irrigation may be repeated as often as daily to rid the ear of dry skin, wax or drainage. The Domeboro solution needs to be gently reheated to warm approximate body temperature for repeat applications (this may be performed in a water or bath or the microwave). Always check the solution for the appropriate temperature prior to irrigating ears. Warmer or cooler than body temperature solutions applied to the ear may cause dizziness.

\*\*\*If pain, dizziness, bleeding or discomfort occurs, stop irrigating. If ear pain, fullness, decreased hearing or drainage persists, return to see the doctor.