



Ears, Nose and Throat

First Outpatient Appointment

Guidance for patients

The COVID-19 pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place.

Referral to treatment waiting times are available at:

[Ear, Nose and Throat – Harrogate and District NHS Foundation Trust – My Planned Care NHS](#)

Ears, Nose and Throat treatment

There are a wide range of ear, nose and throat conditions, and our doctors and nurses treat a variety of illnesses. These include:

- Ear problems such as glue ear, chronic infections, and ear injuries
- Adult rhinosinusitis and paediatric rhinitis
- Tonsillitis
- Nasal injuries, including epistaxis
- Nasal polyposis and nasal obstruction
- Dysphonia (hoarseness)
- Dysphagia (swallowing problems)
- Hearing loss and tinnitus
- Head and neck lumps (including thyroid and parathyroid swellings)
- Dizziness

We provide a range of facilities to the Harrogate district and surrounding areas. We offer services and clinics at Harrogate District Hospital and at York Hospital, such as:

- General Ears, Nose and Throat clinics, including outreach clinics in Leeds and Ripon
- Specialist head and neck cancer clinics
- Primary care clinics
- Nurse-led microsuction service
- Specialist voice clinics

To ensure the best care for our patients, we work with a variety of different teams. We liaise with audiology departments in both Harrogate and York, and work closely with the speech and language therapists in Harrogate.

Other associated teams and services include the specialist balance clinics in York, the Specialist Head and Neck Cancer Service based in both York and Leeds, and the Macmillan Head and Neck Specialist in York.

Should you require surgery

Having surgery is a big moment in life and it is normal to feel anxious about it. You can find general advice on what you can do to get the best outcome from your surgery at:

<https://www.hdft.nhs.uk/content/uploads/2022/04/FitterBetterSooner2018web.pdf>

What to do if your health is deteriorating

You can get information and help about a variety of common problems and find useful ways you can help yourself from the Harrogate Health Hub website at <https://www.harrogatehealthhub.co.uk>

Urgent Health Advice

For urgent health advice about physical or mental health when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

GP surgeries are still open

If you experience an increase in pain, inability to weight bear on this limb or a significant reduction in mobility, you should in the first instance contact your General Practitioner for review and advice.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic. GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

[Find a GP in the region](#)

Contact us

If you want to discuss any of the above please call: 01423 885959 or email hdft.hello@nhs.net