



# ENT Sinus and Allergy of South Florida

## Laryngopharyngeal Reflux (LPR) Protocol

Laryngopharyngeal reflux (LPR) refers to the flow of acid from the stomach, via the esophagus, into the throat. LPR may cause throat pain, a globus sensation (feeling of a lump in the throat), hoarseness, coughing, or difficulty swallowing, among other symptoms.

- Avoid food triggers such as caffeine, fatty foods, chocolate, citrus fruits, etc.
- Eat smaller meals. Do not eat within three hours of going to bed.
- Lose excess weight
- Raise head of the bed by 6 inches
- Quit smoking

