



## **DR. THUSHARA K**

Associate Consultant - ENT

### **Qualification**

MBBS | MS (ENT)

### **Overview**

Dr. Thushara K is a meticulous and surgically proficient ENT specialist in Mysuru with focused expertise in endoscopic and emergency otorhinolaryngology care. She is currently practising as an Associate Consultant – ENT at Manipal Hospitals Mysore, with clinical experience in the evaluation and management of ear, nose, throat, and head & neck conditions across both outpatient and surgical settings. She completed her MBBS from Hassan Institute of Medical Sciences, followed by an MS in ENT from KIMS Hubli under Rajiv Gandhi University of Health Sciences, where she received structured training in both routine and advanced ENT procedures. In her current practice, Dr. Thushara K manages a wide spectrum of general ENT conditions, including ear infections, hearing concerns, sinus disorders, nasal obstruction, throat infections, and voice-related issues. She is skilled in correlating clinical symptoms with endoscopic findings, ensuring accurate diagnosis and tailored treatment planning. Her expertise in such conditions contributes to her recognition as one of the best ENT specialists in Mysuru for comprehensive ENT evaluation and care. A significant aspect of her work involves endoscopic nasal and sinus

procedures, including diagnostic nasal endoscopy and functional endoscopic sinus surgery (FESS). She is experienced in addressing chronic sinusitis, nasal polyps, and structural abnormalities such as a deviated nasal septum through procedures like septoplasty and DCR. Dr. Thushara K also performs a range of ear surgeries, including tympanoplasty and mastoidectomy, for patients with chronic ear disease and hearing impairment. In addition, she is trained in throat procedures such as adenotonsillectomy and microlaryngoscopy, addressing conditions like recurrent tonsillitis, airway obstruction, and voice disorders. Her structured surgical training allows her to manage both routine and complex ENT cases effectively. Her expertise extends to emergency ENT care, where she handles acute conditions such as epistaxis, airway compromise requiring tracheostomy, and foreign body removal from the ear, nose, or throat. She is also trained in managing nasal bone fractures and abscess drainage, ensuring prompt intervention in urgent scenarios. This ability to manage acute presentations further strengthens her standing as one of the best ENT specialists in Mysuru for emergency and procedural care. Dr. Thushara K has contributed to academic discussions through presentations on topics such as laryngeal web management using laser-assisted techniques and comparative evaluation of head and neck manifestations of migraine, sinusitis, and tension headaches. She has also participated in specialised workshops, including temporal bone dissection and rhinoplasty training, enhancing her surgical capabilities. Fluent in Kannada, English, Hindi, Malayalam, and Tamil, she communicates effectively with a diverse patient population, ensuring clarity and comfort during consultations. At Manipal Hospitals Mysuru, she offers structured, patient-focused ENT care, combining clinical insight with procedural expertise to deliver reliable and outcome-oriented treatment.

### **Field of Expertise**

- General ENT (Ear, Nose, Throat disorders)
- Head & Neck Conditions
- Endoscopic Nasal Procedures
- Ear Surgeries (Tympanoplasty, Mastoidectomy)
- Nasal Surgeries (Septoplasty, FESS, DCR)
- Throat Procedures (Adenotonsillectomy, Microlaryngoscopy)
- Emergency ENT Procedures (Tracheostomy, Epistaxis management)
- Foreign Body Removal & Minor ENT Surgeries

### **Languages Spoken**

- Kannada
- English
- Hindi

### **Talks & Publications**

- Poster: Laryngeal Web - Laser-assisted excision
- Paper: Head & Neck Manifestations of Migraine vs Sinusitis vs Tension Headache