

*NY* Center For  
Ear, Nose Throat, Sinus & Allergy, LLP

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SINUS & ALLERGY  
FACIAL PLASTIC SURGERY  
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SNORING & SLEEP APNEA  
HEAD & NECK SURGERY

## **ANIT-REFLUX REGIMEN**

1. Elevate the head of your bed 6-8 inches using bricks or other means.
2. No lying down for at least 2 hours after meals.
3. No stooping or bending—especially after eating.
4. Minimize coffee, teat, chocolate, cola, pepper, peppermint, spearmint, & carbonated beverages
5. Do not wear tight garments (girdles, belts, etc.)
6. Eat a high fiber/low fat diet.
7. It is better to eat 4-5 small meals a day rather than 3 large ones.
8. Avoid alcoholic beverages—especially beer and wine.
9. Avoid aspirin products such as Motrin, Advil, Nuprin, Medipren, or Ibuporfen. Tylenol or acetaminophen is OK.
10. Eat slowly and carefully. Swallowing air will prompt acid reflux. Avoid chewing or drinking through straws. Do not talk while chewing or with food in your mouth. Avoid foods containing air such as puffy breads and pastries.
11. Weight loss if you are overweight is very helpful.
- 12. NO SMOKING!!**