



MR AARON TRINIDADE

CONSULTANT OTOLARYNGOLOGIST (ENT)

MSC FRCS (ORL-HNS), PGDIPMEDED, DO-HNS, MRCS, MBBS

GMC NO: 6028607

Mid & South Essex NHS Trust, Southend Hospital
(2016 - Present)

EXPERT INFORMATION

SPECIALIST AREAS:

- Otology (complex ear surgery)
- Implantation of hearing devices
- Ear & balance disorders
- Grommets insertion
- Sinus surgery
- Septoplasty surgery

CASES ACCEPTED:

Claimant age: 18+

- Clinical assessments
- Remote assessments
- Home visits
- Prison visits
- Criminal cases
- Screening reports
- Desktop reports
- Family cases



SCAN ME



EXPERT RATIO



CLAIMANT **60%**
DEFENDANT **40%**



CLIN NEG **10%**
PI **90%**



VENUES:



- Spire Hartswood Hospital, Eagle Way, Great Warley, Warley, Brentwood, CM13 3LE
- Springfield Hospital, Lawn Lane, Chelmsford CM1 7GU
- The Coriel Clinic, 138 Beckett Rd, Doncaster, DN2 4BA
- Hilton House Medical, Irwell Street, Bury, Greater Manchester, BL9 0HZ
- Gilmour Piper, 10 Fonnereau Rd, Ipswich, IP1 3JP
- Charterhouse Clinic, 98 Crawford Street, London, W1H 2HL
- Complementary Health Care Clinic, 34 Exchange St, Norwich, NR2 1AX
- Spire Wellesley Hospital, Eastern Avenue, Southend-on-Sea, SS2 4XH

FURTHER INFO:

- Court experience
- Bond Solon trained
- Legal aid (LAA)
- Personal Injury
- Fixed Fee
- NHS Contracted
- Weekend and evening appointments
- Completed Expert Witness Training course at Healthcare Knowledge Limited (2018)

CONTACT

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CASES RELATING TO:

Ear, nose, and throat:

• Ear:

- Ear pain and autophony
- Ear infections (otitis externa, otitis media)
- Otitis media with effusion (OME or 'glue ear')
- Hearing loss (temporary or permanent)
- Chronic ear disease
- Microsuction (ear wax)
- Epley Manoeuvre
- Tinnitus
- Vertigo
- Persistent postural-perceptual dizziness
- Acoustic neuroma
- Post-traumatic tinnitus and whiplash associated disorders
- Implant or hearing aid complications
- Barotrauma (pressure-related injuries, e.g. diving, air travel)

• Nose/nasal/sinus:

- Nasal fractures and deformities
- Epistaxis (nosebleeds due to trauma)
- Chronic sinusitis
- Rhinitis
- Anosmia and parosmia
- Facial fractures involving nasal bones, ethmoid, or maxillary sinuses

• Throat/Larynx and neck:

- Tonsillitis
- Adenoids
- Dysphonia
- Laryngeal trauma (voice changes, airway compromise)
- Oesophageal injuries
- Inhalation injuries

Surgery:

• Ear surgery:

- Grommets insertion
- Tympanoplasty (surgery to repair the ear drum)
- Myringoplasty (ear drum repair)
- Mastoid surgery
- Ossiculoplasty
- Middle ear surgery
- Ear correction/ear repositioning

• Nose surgery:

- Septoplasty surgery
- Sinus surgery (functional endoscopic sinus surgery or FESS)
- Nasal polypectomy
- Nasal artery ligation

• Throat surgery:

- Tonsillectomy
- Adenoidectomy
- Palatoplasty
- Thyroidectomy
- Uvulopalatoplasty

• Sleep disorders:

- Sleep apnoea
- Snoring
- Nasal obstruction
- Throat and airway issues

General:

- Management of dizziness and balance disorders
- Management of vestibular disorders
- Ototoxicity
- Otolaryngology
- Hayfever
- Division of tongue tie

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- Scarring or soft tissue injury affecting speech or breathing
- Neck injuries affecting airway or swallowing function
- Pharyngeal injuries
- Traumatic brain injury with ENT sequelae (e.g. hearing loss, balance issues, anosmia)
- Facial nerve injury (e.g. after temporal bone fracture)
- Vestibular migraine
- Snoroplasty

MEDICO LEGAL EXPERIENCE:

Mr Trinidad is a highly experienced Consultant Otolaryngologist (ENT) and accredited expert witness instructed by both Claimants and Defendants in personal injury cases. In 2018, he completed an expert witness training course with Healthcare Knowledge Limited.

Mr Trinidad began practicing as an expert witness in 2017, and has extensive experience in case analysis and report preparation. He is committed to delivering a professional and timely service.

He has a diverse background within the NHS, with over 6 years experience as an Otolaryngology Lead, in 2015 acquiring the title of Consultant. With a strong background in surgical specialities, and a particular interest in Otology and ear and balance disorders, Mr Trinidad has established himself as an accomplished professional as a Consultant and expert witness. He can provide evidence in court when required.

CLINICAL EXPERIENCE:

Mr Trinidad obtained a Masters in Medical Education in 2025 from Anglia Ruskin University, demonstrating his commitment to the training of future ENT surgeons.

After finishing his general ENT training in the East of England, Mr Trinidad went on to complete advanced sub-specialist Fellowships in otology (ear surgery) and auditory implantation (implantable hearing devices). His Fellowship training took place at Addenbrooke's Hospital, University of Cambridge in the UK, and at the University of Arkansas for Medical Sciences (UAMS) Hospital in the USA.

Mr Trinidad serves as a consultant Ear, Nose and Throat Surgeon at Southend University Hospital NHS Trust, where he manages a busy general ENT service alongside a specialist clinic focusing on ear and balance conditions. He also provides private consultations at the Wellesley Hospital in Southend-on-Sea, as well as at both the Springfield Hospital and the Phoenix Hospital in Chelmsford.

He is a Fellow of the Royal College of Surgeons and holds full specialist registration with the General Medical Council (GMC). He is also affiliated with the British Medical Association (BMA) and ENT-UK, and serves as the UK representative for the Prosper Ménière Society.

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In addition to this, he has authored more than 90 peer-reviewed scientific publications, some of which are detailed below, and has shared his research findings at conferences across the UK and abroad, and continues to publish extensively on his clinical research.

PUBLICATIONS

- Rashwan MS, Thirukketheesparan A, Haworth K, Awad A, **Trinidad A**, Hassaan A. Does obstructive sleep apnoea surgery improve perceived insomnia severity in patients suffering from co-morbid insomnia and sleep apnoea (COMISA)? *Eur Arch Otorhinolaryngol*. 2025 Aug;282(8):4317-4323.
- Iqbal SN, Rekhi A, James A, Johnson JA, **Trinidad A**. The UK cost-of-living crisis and its effect on students at a British medical school. *BMC Med Educ*. 2025 May 28;25(1):791.
- Dakri Y, Darak S, Bushell R, **Trinidad A**. Perceptions and attitudes towards vaping among adults attending otolaryngology clinics: a questionnaire study. *J Laryngol Otol*. 2025 Mar 27:1-17. online ahead of print.
- **Trinidad A**, Cabreira V, Goebel JA, Staab JP, Kaski D, Popkirov S, Stone J. Treatment of persistent postural perceptual dizziness. (Accepted for publication in *Current Treatment Options in Neurology*).
- **Trinidad A**, Cabreira V, Goebel JA, Staab JP, Kaski D, Stone J. Predictors of persistent postural-perceptual dizziness (PPPD) and similar forms of chronic dizziness precipitated by peripheral vestibular disorders: a systematic review. *J Neurol Neurosurg Psychiatry*. 2023 Mar 20;jnnp-2022-330196.
- Hodgson SH, Khan MM, **Trinidad A**, et al. UK NOE Collaborative. UK consensus definitions for necrotising otitis externa: a Delphi study. *BMJ Open*. 2023 Feb 20;13(2):e061349.
- Gadi N, Saleh S, Johnson JA, **Trinidad A**. The impact of the COVID-19 pandemic on the lifestyle and behaviours, mental health and education of students studying healthcare-related courses at a British university. *BMC Med Educ*. 2022 Feb 21;22(1):115.
- Johnson JA, Burrows K, **Trinidad A**. Running a paediatric ambulatory sleep service in a pandemic and beyond. *Clin Otolaryngol*. 2022 May;47(3):433-439.
- Thompson L, Bazeer HZ, Young B, Smith G, Blackaby J, Wasson J, **Trinidad A**. Cochlear implant eligibility in an adult hearing aid population: A multi-perspective service evaluation of a patient referral pathway at a British district general hospital. *J Laryngol Otol*. 2022 Jan 10:1-15.
- Sanders O, Meghji S, **Trinidad A**. First branchial cleft anomaly: an accessory ear canal. *The Otorhinolaryngologist*. 2021;12(3).
- Smith ME, Hardman J, **Trinidad A**, et al. Acute otitis externa: Consensus definition, diagnostic criteria and core outcome set development. *PLoS One*. 2021 May 14;16(5):e0251395.
- Patil S, **Trinidad A**, Wong B, Yung M. Secondary obliteration surgery for troublesome mastoid cavities: a prospective series of 228 paediatric and adult cases. *Otol Neurotol*. 2021 Aug 1;42(7):e881-e886.

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- **Trinidad A**, Harman P, Stone J, Staab JP, Goebel JA. Assessment of Potential Risk Factors for the Development of Persistent Postural-Perceptual Dizziness: A Case-Control Pilot Study. *Front Neurol*. 2021 Jan 21; 11:601883.
- Hardman JC, **Trinidad A**, INTEGRATE (The UK ENT Trainee Research Network). Admission avoidance in acute epistaxis: A prospective national audit during the initial peak of the COVID-19 pandemic. *ClinOtolaryngol*. 2021 May;46(3):577-586.
- Smith ME, **Trinidad A**, INTEGRATE (The UK ENT Trainee Research Collaborative). Admission avoidance in tonsillitis and peritonsillar abscess: A prospective national audit during the initial peak of the COVID-19 pandemic. *Clin Otolaryngol*. 2021 Mar;46(2):363-372.
- Meghji S, Wahid W, Schechter E, Neumann C, **Trinidad A**. A safe and comparable alternative to BIPP packing following tympanoplasty for tympanic membrane perforation. *Eur Arch Otorhinolaryngol*. 2020 Oct 19.
- Hassaan A, **Trinidad A**, Van Staden K, Ross G. Tinnitus patient information pack: usefulness in intrusive tinnitus. *Int J Health Care Qual Assur*, 2019 Mar 11;32(2):360-365.
- Hassaan A, **Trinidad A**, Kotecha B, Tolley N. TORS for OSA: a practice, pitfalls and literature review. (Accepted for publication in *Int J Health Care Qual Assur*, 2019 Mar 11;32(2):488-498.
- Abbas Y, Yuen HS, **Trinidad A**, Watters G. Incidental mastoiditis on MRI scans: is it clinically relevant? *J Laryngol Otol*. 2018 Nov 5:1-3. [Epub ahead of print].
- **Trinidad A**, Goebel JA. Persistent postural-perceptual dizziness (PPPD) – a systematic review of the literature for the balance specialist. *Otol Neurotol*. 2018 Oct 4. [Epub ahead of print].
- Abbas Y, Smith G, **Trinidad A**. Audiologist-led screening of acoustic neuromas in patients with asymmetrical sensorineural hearing loss and unilateral tinnitus: cost analysis. *J Laryngol Otol*, 2018 Sep 10:1-4 (Epub ahead of print).
- **Trinidad A**, Cox MD, Hassaan A, Rayburn C, Dornhoffer JL. Does cochlear implant brand influence patient satisfaction? A survey of 102 cochlear implant users. *Clin Otolaryngol*. 2018 Jun;43(3):956-961.
- Page JC, Cox MD, Hollowoa B, Bonilla-Velez J, **Trinidad A**, Dornhoffer JL. Trends in Intraoperative Testing During Cochlear Implantation. *Otol Neurotol*. 2018 Mar;39(3):294-298.
- Cox MD, Page JC, **Trinidad A**, Dornhoffer JL. Long-term Complications and Surgical Failures After Ossiculoplasty. *Otol Neurotol*. 2017 Dec;38(10):1450-1455.
- Page JC, Murphy L, Kennett SE, **Trinidad A**, Frank RW, Cox MD, Dornhoffer JL. The Influence of Intraoperative Testing on Surgical Decision-making During Cochlear Implantation. *Otol Neurotol*. 2017 Sep;38(8):1092-1096.
- **Trinidad A**, Kennett SW, Page JC, Cox MD, Dornhoffer JL. Simultaneous versus sequential cochlear implants in adults: Cost analysis in a US setting. *Laryngoscope*. 2017 Nov;127(11):2615-2618.
- Cox MD, **Trinidad A**, Russell JS, Dornhoffer JL. Long-term hearing results after ossiculoplasty. *Otol Neurotol*. 2017 Apr;38(4):510-515.

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