

FLIGHT INSTRUCTIONS FOR EUSTACHIAN TUBE DYSFUNCTION

The following measures can help to keep your Eustachian tubes open and equalize middle ear pressure during flight:

1. Take one over-the-counter Sudafed LA, a 12-hour decongestant, one hour before your flight departs. This medication may elevate your blood pressure.
2. Prior to altitude change, spray each nostril with over-the-counter Afrin nasal sinus spray and sniff strongly into the nasal passages. Wait five minutes and spray a second time, again sniffing strongly. You may need to repeat the sprays every four hours on long flights. Be sure to check with airport and flight personnel to ensure that you can use this spray under current safety regulations.
3. “EARplanes” are an earplug available at most pharmacies that will help equalize the air pressure.
4. Autoinflate your ears often during flight. To do this, close your lips, hold your nose, blowing GENTLY, and swallow all at the same time. A light popping of your ears should occur.
5. Chew gum during the flight.