

### Instructions for flying

Ear problems are the most common medical complaint for airplane travelers. While they are minor annoyances, they occasionally result in temporary pain and hearing loss. They are caused by rapid changes in air pressure commonly when the airplane is landing. Baseline eustachian tube dysfunction or inflammation can prevent equalizing the pressure on both sides of the eardrums.

Here are some tips that may help your traveling experience:

- Avoid flying with a cold, sinus infection, or a severe allergy attack.
- Spray your nose with Neo-synephrine or Afrin nasal spray about 30 mins before takeoff and when the plane begins to descent. Note: Please follow the directions on the package.
- Take a decongestant (i.e. Sudafed) before flying. **Anyone with heart diseases, high blood pressure, irregular heart rhythms, thyroid disease or excessive nervousness should consult a physician before using.**
- Ear plugs can also help alleviate pressure. These allow proper decompression of the middle ear without pain. Note: Please follow directions on packaging.
- Take small sips of water during ascent and descent. This helps to equalize pressure in the middle ears.
- Chewing gum especially before and during landing may also help.

