

# Airline Travel

During airline travel if you have trouble with ear pain or discomfort, below are some helpful hints to help minimize this problem.

1. Start an over the counter decongestant (i.e. Sudafed) 3 days prior to your scheduled flight. If you have high blood pressure then you must carefully monitor your blood pressure daily while on this medication. If your blood pressure were to increase, discontinue, and move on to step #2.
2. Start an over the counter nasal spray (i.e. Afrin or Dristan) the morning of your airline flight and when the plane is ascending and again upon the descent of the aircraft.
3. The last thing that you can do to help any discomfort during your flight is to auto inflate your ears, (Close both nostrils with your index finger and thumb and blow out like your blowing into a tissue with both nostrils closed. You will feel a pressure or pop in your ears upon doing this, but discontinue if painful. Do this during both the ascent and descent of the airplane.
4. Call me or make an appointment if you continue to have any pain, discomfort or decrease hearing following your trip.

Have a Nice Trip!