



# FLYING INSTRUCTIONS



## *Why do my ears hurt when I fly?*

The Eustachian tube is the pressure balancing tube for the ear. When you fly, the pressure in the middle ear changes and can cause pain. Normally, the pain can be relieved by equalizing the middle ear pressure by “popping” your ear using the Eustachian tube.

## *What Can I Do When I Fly?*

Here is a list of things you can do to help your ears equalize and “pop.”

- Things to buy:
  - Afrin or Neosynephrine nasal spray (OVER THE COUNTER)\*
  - Chewing Gum
  - Sudafed oral decongestant (OVER THE COUNTER)
- Prescriptions:
  - Flonase Nasal Spray (PRESCRIPTION)
- Directions for flying:
  - Use Flonase nasal spray 2 weeks before flying as instructed by Dr. Trenkle
  - Upon boarding the flight take one Sudafed pill
  - Use 2 sprays of Afrin nasal spray 15 min before takeoff and landing
  - Chew gum throughout flight

## *That Didn't Work!!*

- If this does not work you may need a tube placed in your ear drum.
- Call Dr. Trenkle for an appointment (323) 268-6731

\* Afrin or Neosynephrine nasal spray can become addicted if used every day. Make sure you only use the medications before and after flights.