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SUGGESTIONS FOR FLYING

EarPlanes

Disposable ear plugs that help relieve pressure. Sold in drugstores. Use during ascent and descent to avoid sudden change in pressure in the ears.

Chewing gum

This helps to move the muscles around the Eustachian tube which helps to clear air pressure build up in the ear.

Afrin

Before flying use of Afrin decongestant spray can be helpful with ear pressure. Afrin is addictive and can only be used twice a day for three days then 10-14 days should be taken off.

Sudafed

You may take prior to flying, unless otherwise told by your doctor that you cannot take this medication. This also helps to decrease swelling around the Eustachian Tube.