

Instructions for minimizing aural or sinus barotrauma



Purchase EAR PLANES from your pharmacy. Read the instructions carefully on correct use. Ideally these should be inserted before the cabin door closes before take off and not removed until after it has re-opened after landing.



Use NASONEX steroid spray available over the counter. Use 2 sprays in each nostril twice a day for 1 week before your flight.



Purchase a nasal decongestant containing oxymetazoline and use 2 sprays each nostril twice daily starting two days before your flight and then 30 minutes before takeoff and 30 minutes before landing.

DO NOT USE THIS MEDICATION FOR MORE THAN 4 DAYS STRAIGHT WITHOUT A BREAK