



## Family Education Handout Tips for Flying and Diving

If taking a flight or going diving, follow these steps in order to keep ears clear and to avoid pressure build up.

1. 30 minutes prior to flying or diving, take Pseudoephedine (Sudafed): children 2-5 years old can take 15 mg. Children 6 and older can take 30 mg.
2. Immediately before takeoff or diving, use 2 sprays of Afrin in each nostril.
3. While descending in the airplane, attempt to clear ears. This can be done by chewing, swallowing, yawning, or inflating the ears. One can inflate the ears by pinching the nose, taking air in through the mouth, and then trying to blow the air out from the nose while keeping the nose pinched shut.
4. You can use a special ear plug designed for flying (e.g. EarPlanes Brand.) Both adult and pediatric sizes are available. They can be found on-line as well as in our office. If you chose to use ear plugs, place them in the ear one hour before take off and again one hour before landing. They may be taken out once the flight reaches maximum altitude.

**If you hear a pop, experience hearing loss or muffled sounds, or feel pain or dizziness after flying or diving, contact your doctor.**