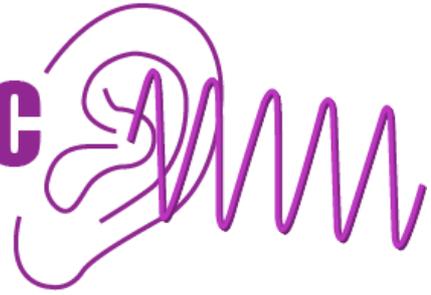


# EAR CLEANING CLINIC

Microsuction Ear wax removal



## Ear Pain During Air Travel

Many People experience pain in their ears when they take a flight. Most of the time, the pain subsides quite quickly once you've landed. Here are some information on why this occurs, and some tips to help unlock ears when flying;

### Q: Why does ear pain occur during travel?

- Pain in the ears during air travel arises when the pressure inside your ear is incompatible with the pressure outside your ear
- When you swallow or yawn, the Eustachian tube briefly opens to release air flow up the tube and into the middle of your ear, equalising the air pressure in your middle ear and making it equal to the air pressure outside your body. Doing actions such as yawning, swallowing, or blowing gently while pinching your nose while flying should subside the pain.

### Q: What are some factors that are likely to cause ear pain?

- An allergy, flu, ear infection, sinus infection, hay fever, a head cold or even just a regular cold
- If you're a child- Children's Eustachian Tube's get easily blocked as their tube is shorter and flatter than an adults
- A build- up of ear wax

### Q: What can I do to reduce the pain whilst flying?

- Having your ears suctioned before you take flight, as there will be a clear passage for your ears to equalise
- Yawning, swallowing, or blowing gently while pinching your nose opens up your Eustachian Tube- this will help to reduce the pressure in your ears
- Blowing your nose daily prior to the flight, on take off and on landing
- If you're an adult, taking a decongestant tablet (pseudoephedrine), or nasal spray before take-off may prevent pain. These plugs can be found at most airport chemists
- Purchase aeroplane ear plugs – these releases the air pressure change slowly, preventing pain
- For children, eating, drinking or sucking on a sweet or airwaves chewing gum can help- this helps to encourage chewing and swallowing
- Don't fall asleep when the plane is descending to land, stay awake and try the methods listed above

### Q: How long will these affects last for?

- The pain should subside soon after landing, if not and symptoms persist please visit your GP

If none of the above suggestions solve any of the issues you are facing, please contact your hearing healthcare professional as soon as possible – The Ear Cleaning Clinic also provides a free ear check, our details are as listed below:



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Ear Cleaning Clinic



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