

## **PATIENT CARE INSTRUCTIONS WHEN FLYING**

1. Take an antihistamine or decongestant the night before and the morning of the flight. This may include, for children, **Zyrtec** or **Claritin Syrup or Chewables** and for adults, **Zyrtec** or **Claritin Tablets**.
2. Spray the nose with Neo-Synephrine or **Afrin** at the gate area prior to boarding the airplane. In children, use a ¼% solution and in adults an extra strength solution.
3. Chew gum on ascent and descent of the airplane. In small children, if gum is inappropriate, one Cheerio or Fruit Loop may be given one at a time to keep the Eustachian tube patent during ascent and descent.
4. **EarPlanes**, flight ear protectors may be purchased at a pharmacy or our office. They are small, plastic devices which have a one way valve and help equalize pressure during ascent and descent. **EarPlanes** are available in both children and adult sizes.
5. **If** antibiotics have been prescribed, please use them for one day prior to the flight and one day after the flight as well as on your return trip for one day prior to the flight and one day after the flight.