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## Flying Precautions

Take Mucinex D or Sudafed 30 to 60 mg at least 1 hour before take-off.

Be certain to yawn, swallow, chew, etc. frequently on ascent and descent.

Use "ear planes" ear plugs as needed for comfort.

Use Afrin or Neo-synephrine nasal spray at least 1 hour before take-off. Please note that there may be temporary rebound swelling after it wears off.

If cleared by your physician, pinch nose and swallow or blow (cautiously to not push mucous behind ear drum) periodically during ascent and descent.

Avoid alcohol for at least 24 hours before flying.

- **OTOLOGY**
- **ADULT & PEDIATRIC  
OTOLARYNGOLOGY**
- **VOICE DISORDERS**
- **HEAD & NECK SURGERY**
- **SNORING & OBSTRUCTIVE  
SLEEP APNEA SURGERY**
- **SWALLOWING DISORDERS**
- **ALLERGY**