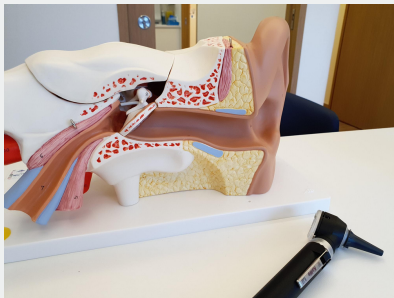


## ABOUT US

Aurion ENT & Hearing Centre is offers specialist otorhinolaryngology care for adults and children. We have a special clinical focus on hearing loss, tinnitus, balance, snoring and nasal conditions.



# Can I fly with a Blocked Ear?

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Flying on an aeroplane can carry risk of ear pain and middle ear damage if you have:

- A cold
- Sinusitis
- Poor controlled nasal allergy
- Chronic eustachian tube dysfunction.

## Why this happens?

- When an aircraft takes off, our surrounding atmospheric pressure decreases. Hence the middle ear has relatively higher pressure
- When an aircraft lands, the atmospheric pressure increases and the middle ear has relatively lower pressure.
- Both situations can cause ear pain and blocked ear sensation if the Eustachian tube is not functioning properly.
- Pain is usually worst on landing and takes a few hours to days to clear.

## What can I do to prepare for a flight

- Decongest your nose with sprays 30 minutes before ascent and descent
- Control nasal allergies and treat sinus infections before flights
- Remove existing mucus in your nose with saline sprays before and during flights
- Chew on chewing gum, suck on a sweet or yawn during ascent and descent
- Gently pop your ears by blowing out against a pinched nose



What is the worst that can happen to my ears ?

- Fluid or blood can accumulate in your middle ear
- Ear drum can become perforated
- Vertigo

If in doubt or ear continues to be blocked and painful, visit a Ear Specialist to check your ear.