
Eustachian Tube Dysfunction Information

When problems are minor this can be corrected by regular vigorous nose blowing and / or yawning / swallowing movements. **There should be no sniffing** because this tends to remove air from the middle ears down the Eustachian tubes.

It may be necessary to combine nose blowing and swallowing because the action of swallowing tends to open the Eustachian tube which then allows the extra pressure to force air up to the middle ear.

It is also possible to combine blowing and swallowing in a manoeuvre performed by scuba divers. This involves pinching the nose and continuing to blow and inflate the nose while performing the act of swallowing.

People with small and/or severely blocked Eustachian tubes may find that none of these techniques succeed.

In mild to moderate cases this self-treatment can improve hearing; avoid the need for insertion of ventilating tubes; and prevent progressive eardrum and middle ear damage.

NASAL BALLOON PLUS SWALLOWING OTOVENT (Purchase over the counter at chemist)

Instructions: > 5 yrs

hold some water in mouth,

breathe in fully through nose;

hold one side of the nose closed and blow up balloon via nozzle using the other side of the nose;

at this stage while the balloon is still blown up swallow the water;

wait about 5 seconds and then remove balloon from nose.

The essential concept is that the water is swallowed while the air in the balloon is creating extra pressure behind the nose where the Eustachian tube is situated. This creates the best possible chance that the Eustachian tube will open and that extra air will be forced up the Eustachian tube to the middle ear. If this succeeds the eardrum will be stretched which may cause slight pain. This exercise should be done a few times every evening and possibly several other times through the day.

Exercises for young children.

- Blow bubbles in bath with straw (the smaller straw the better)
- Blow up balloons
- Teach nose blowing with party blowers in mouth and in the nose.

