



**LOYOLA  
MEDICINE**

*We also treat the human spirit.®*

## **AFRIN NASAL SPRAY**

Equalizing pressure in the middle ear can be a problem for many individuals, particularly with altitude changes during air travel. Afrin Nasal Spray shrinks the lining in the back of the nose and allows air to enter the middle ear via the eustachian tube. This can help equalize the pressure in the middle ear and make air travel more comfortable. How to use:

### Afrin Nasal Spray

- 2 sprays each nostril 30 minutes before take-off.
- 2 sprays each nostril 30 minutes before landing.

### **IMPORTANT NUMBERS:**

(708) 216-9183

(708) 216-9183-ENT Department

(708) 216-9000-ENT Resident on-call after hours and weekends

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