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CARE OF EARS DURING AIRPLANE FLIGHT

Before your flight, take a plain decongestant like Sudafed which is available without a prescription. Approximately 30 minutes before flight, liberally spray both nostrils with Afrin or similar decongestant nasal spray. Then wait one full minute and respray. Thirty minutes before landing, spray your nose again with Afrin.

Do not take Sudafed if you have heart or blood pressure problems.