

# Eustachian Tube Management with Otovent: What to Expect

We are pleased that you are considering Eustachian Tube Management using Otovent. Below is a detailed outline of what you can expect during the treatment process.

## 1. Initial Assessment

**Objective:** Determine if there is a blockage in your Eustachian tube.

### What to Expect:

- **Medical History:** We will start by discussing any symptoms you may be experiencing, such as ear pain, fullness, or hearing issues.
- **Otoscopy Exam:** We'll perform a visual examination of your ears to check for any blockages or abnormalities.
- **Tympanometry Test:** This test will measure the pressure inside your ear and how well your eardrum moves. This helps us identify any potential dysfunction in your Eustachian tube.

All these findings will be carefully recorded in your personal report, and relevant images and test results will be saved for future reference.

## 2. Explanation of Otovent and Its Use

**Objective:** Help you understand the role of the Eustachian tube and how Otovent can assist in relieving symptoms.

### What to Expect:

- We'll explain how the Eustachian tube connects your middle ear to the back of your nose, and how blockages can cause discomfort and pressure.
- We will introduce the **Otovent balloon**, a simple, non-invasive tool that helps open your Eustachian tubes by equalising the pressure in your ears.
- You will be guided on how to use the Otovent properly:
  - You'll insert the balloon's nozzle into one nostril, close the other nostril, and blow until the balloon inflates.

- This process should be repeated 3 times a day, alternating nostrils.

Practical tips and a step-by-step guide will be provided, and we will ensure you're comfortable with the technique before you leave.

### **3. Issuing the Otovent Device**

**Objective:** Equip you with the Otovent device for home use.

**What to Expect:**

- You will be provided with a box of **Otovent balloons** and shown how to use them confidently on your own.
- We will also provide **written instructions** and a usage diary for you to track your progress at home.

### **4. Follow-Up and Review**

**Objective:** Reassess your progress after using Otovent.

**What to Expect:**

- We will schedule a follow-up appointment 2-3 weeks after your initial assessment.
- During the follow-up, we will repeat the **tympanometry test** to check if the pressure in your ears has improved and if your Eustachian tube function has returned to normal.
- Depending on the results:
  - If improvement is seen, we may continue with the current management plan.
  - If there is no significant change, we will discuss alternative options, such as a referral to an Ear, Nose, and Throat (ENT) specialist.

This step-by-step approach ensures that you receive thorough care and ongoing support throughout the process.

If you have any questions or need more information, please don't hesitate to contact us. We are here to help you feel confident and informed every step of the way.