Dr Ben Vermaak
M.B.Ch.B. • L.M.C.C. • M.Med(L. et O.) Stell | Ear, Nose & Throat Surgeon | Practice No. 0012009
12 Medihouse, Wellington Park, 39 Wellington Road, Durbanville 7550
Tel 021 975 0840/1 | Fax 021 979 1752 | admin@drbenvermaak.co.za

After eustachian tube balloon dilation

Home instructions — keep this sheet where you can find it

For 14 days — this is the one that matters

- Do not blow your nose. Sniff back gently or dab instead.
- Do not pop your ears. No Valsalva, no pinching the nose and blowing, no Otovent.
- If your ears feel blocked, swallow, yawn or chew gum instead.
- Sneeze with your mouth open.
- Nothing heavier than 5 kg. No straining or breath-holding. No wind instruments.
- This prevents air being forced into the tissues of the face and neck — the one complication you can avoid yourself.

First two weeks

DO

- Saline nasal spray or gentle rinse, 2–3 times daily for 2 weeks
- Restart your steroid nasal spray the day after — aim outward toward the ear
- Keep treating any allergy or rhinitis
- Treat constipation early

DON'T

- No nose blowing or ear popping for 14 days
- No flying for 2 weeks
- No diving until I have examined your ears and cleared you
- Decongestant spray: 5 days maximum, only if instructed
- No hot baths, saunas or alcohol for 3–4 days
- No aspirin (Disprin, Grandpa, Ecotrin)

Pain relief

Paracetamol	1 g every 6 hours (max 4 g a day) for 2–3 days. Take it by the clock.
Ibuprofen	400 mg every 8 hours with food for 2–3 days, together with the paracetamol. Skip it if you have an ulcer, kidney problems, or asthma set off by anti-inflammatories.
Antibiotics	Not routine. Only if specifically prescribed.

What to expect

Days 1–3	Blocked nose, blood-stained discharge, mild ear fullness and a slightly sore throat.
Week 1	Desk work the next day; physical work in 2–3 days. Light exercise from 2–3 days.
2 weeks	Gym, flying and normal nose blowing resume.
6 weeks & 3 months	Review, with repeat tympanometry and symptom score against your baseline.
The benefit	Usually appears at 4–6 weeks and can keep improving to 3 months. Do not judge it in the first fortnight.

Phone us

- Puffiness or swelling of the face, cheek or neck, especially if it crackles under the fingers
- Difficulty breathing or swallowing, or chest pain with neck swelling — emergency unit immediately
- Ear pain increasing after day 3, or fever over 38 °C
- Discharge from the ear, sudden hearing loss or severe dizziness
- Hearing your own voice or breathing unnaturally loudly in the ear

If anything worries you, phone. It is always better to ask than to wait.

Rooms 021 975 0840/1 — redirected to Dr Vermaak after hours.