

Treatment of Middle Ear Dysfunction

Stuffiness you feel in your ear/head may be due to fluid in the middle ear, or eustachian tubes.

Suggestions to help you:

- Blow your nose gently
- Drink plenty of fluids, especially warm or hot fluids
- Hold your earlobe and gently pull it upward and downward
- Chew gum (preferably sugarless)
- Blow up some balloons
- Over a bowl of hot water place a towel over your head and breath deeply through the nose. Do not have water at boiling temperature as this may burn your nose
- Swimming, shower, sauna or spa. Any warm environment helps thin the mucus
- Running or other vigorous exercise
- Sleeping with the affected ear on a warm wheat pack or warm hot water bottle
- A few drops of warm olive oil in the ear canal

Medicinal remedies

- Salt water/saline nasal wash or spray
- Decongestant medications or nasal spray
- Antihistamines
- Nasal corticosteroid sprays
- Nature/herbal products for this purpose.

Always follow your health professional's directions and advice when using any of these products. See your medical practitioner if the condition does not improve.