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## Recommendation

Your doctor has recommended the use of Otovent. The reason is that your doctor has found that there is a negative pressure, with or without fluid, in the middle ear. If untreated, this condition may lead to a temporary feeling of heaviness and impaired hearing. After a few weeks, fluid may also collect in the middle ear. Otovent equalises the pressure and relieves the symptoms. The balloons enclosed in the pack are made of natural latex and are pressure-tested. They provide the correct pressure for successful treatment.

## How often and how long should I use Otovent?

Otovent is best used three times a day (morning, midday or after school, and evening) or at least twice a day (morning and evening) if that is not possible. The normal duration of treatment is 2-3 weeks, after which your doctor should decide whether or not you continue with the treatment.

The Otovent pack is intended for 2-3 weeks treatment.

Each balloon may be used for 3-4 days.

## Who can use Otovent?

Adults and children from 3 years of age can be treated with Otovent.

## When should Otovent not be used?

If you have a cold and nasal congestion, you should not use Otovent.

## Warning

This product contains LATEX. If you are allergic to latex or latex products consult your physician before using this product.

If you experience any allergic symptoms discontinue use and consult your physician.

See page 2 for a step by step walkthrough

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### Notes!

The treatment should always be supervised by an adult. Keep the balloon in use in the right-hand compartment of the pack. Clean the nose-piece with mild detergent after use. Do not forget to rinse the nose-piece with clean water. Discard used balloons. When not in use, Otovent should be kept out of the reach of children. PIP code is 102889



## Instructions - How to use Otovent



01. Connect the nose-piece to the balloon.
02. Inhale deeply and close your mouth.
03. Hold the round part of the nose piece firmly against your right nostril with your right hand. Press your left nostril closed using the fingers of your left hand. You must keep your mouth closed.
04. Inflate the balloon until it is the size of a grapefruit, by blowing through the right nostril.
05. During this procedure you may experience a pressure increase and/or "click" in the ear. This indicates that the procedure is working correctly.
06. Repeat the procedure via the left nostril.
07. If you do not feel anything in the ear, repeat the above procedure but tilt the head forward and then to the right so that your right cheek is close to your right shoulder.
08. When the balloon is inflated, try to swallow making sure that your mouth stays closed, and the nose-piece remains firmly against the nostril.
09. Repeat this procedure via your left nostril.
10. Some patients may experience discomfort in the ear during inflation, this initial feeling will decrease during the next inflation and is an indication that the procedure is working correctly.

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