



Patulous Eustachian Tube Frequently Asked Questions

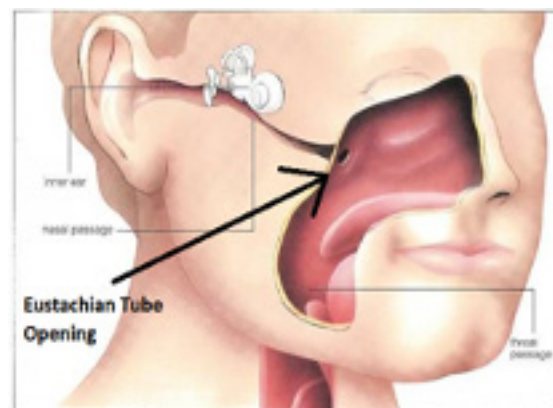
You are receiving this handout today because your physician has diagnosed you with a Patulous Eustachian Tube and wants you to become more informed about your disease process.

WHAT IS AN EUSTACHIAN TUBE?

The eustachian tube is a canal that runs from your middle ear to your throat (or nasopharynx). When the eustachian tube is functioning normally, it equalizes your middle ear pressure with that of the external environment. It does this by intermittently opening and closing.

WHAT IS A PATULOUS EUSTACHIAN TUBE?

In the event of a Patulous Eustachian Tube, your eustachian tube either never closes or does not close fully. Depending on the severity, this disorder can cause symptoms ranging from hearing a crackling/popping sound to hearing your own voice or breathing. Some patients will also complain of a sensation of ear fullness.



WHAT CAUSES A PATULOUS EUSTACHIAN TUBE?

Unfortunately, in most cases, the cause of this disorder is unknown. Research has shown some people with extreme weight loss (100+ lbs.) are more likely to develop a patulous eustachian tube. However, this is not always the case.

IS THERE A CURE FOR A PATULOUS EUSTACHIAN TUBE?

This disorder is vastly under-researched and, as a consequence, the treatment options are focused on symptom control alone. Surgical options may provide temporary relief and are only offered by a select few otologists.

WHAT IS THE TREATMENT FOR A PATULOUS EUSTACHIAN TUBE?

Some patients can find relief by using a pharmacy compounded Vitamin C drop up to three times a day until symptoms subside. Since this treatment only lessens the symptoms, the drops will need to be restarted when symptoms recur.

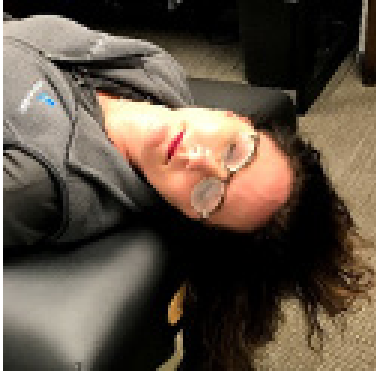
HOW DO I USE THE DROPS?

As illustrated in the above picture, the eustachian tube opens into the nasopharynx. Thus, you will need to instill the drops into the nostril on the side of the affected ear. For example, if you are experiencing symptoms in your right ear, you will instill the drops into your right nostril and vice versa.

PLEASE FOLLOW THE STEPS ON THE FOLLOWING PAGE FOR USING THE DROPS.

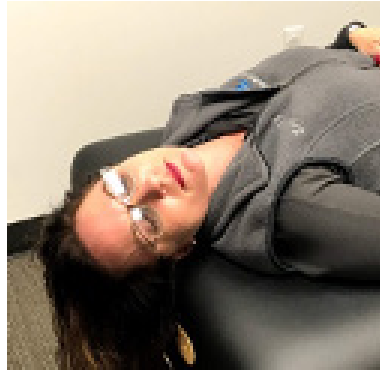
DROP INSTILLATION INSTRUCTIONS FOR PATULOUS EUSTACHIAN TUBE

1. Lay on your back with your head hanging at a 45-degree angle (hanging your head off the side of your bed is the easiest method).
2. With your head hanging at a 45-degree angle, turn your head slightly to the affected side (To the right if your right ear is affected and vice versa).
3. With your head hanging at a 45-degree angle and turned slightly toward the affected side, instill one drop of the solution into the nostril on the affected side (Remember to use the nostril on the same side of your affected ear).
4. After inserting the drops, keep your head in this position for approximately 20-30 seconds.



LEFT EAR AFFECTED

Head turned to the LEFT. Insert drops into the LEFT nostril.



RIGHT EAR AFFECTED

Head turned to the RIGHT. Insert drops into the RIGHT nostril.

As a Christian, I strongly believe in prayer and pray for all of my patients, especially during surgery. If you would like me to pray with you and your family before any surgical procedure, please ask.

DO NOT hesitate to contact our office for any emergency at 580-421-6470. If a problem should arise when the office is closed, you may have us paged through the Mercy Hospital, ADA Operator at 580-332-2323; or go directly to the nearest Emergency Room.

More information can be found at www.LandrumENT.com.