

Eustachian Tube Dysfunction Management

Options for Eustachian Tube Dysfunction Management:

1. Observation

- Manage the cause of ETD as much as possible.
- Modified Valsalva (how to safely pop your ears!)
 - Hold your nose and mouth closed.
 - Begin to blow nose, gently raising the pressure.
 - Without releasing the pressure, swallow hard.
- Otovent
 - Inflate a balloon with your nose.
- Ear Popper
 - Handheld battery-operated pump used to pop ears.



2. Ear tubes

- Short-term tubes – inserting a small tube to keep a hole in your ear drum for a few months.
- Long-term tubes – larger tubes that can last months to years. There is a higher risk of leaving a permanent hole that will need surgical repair in the future.

3. Balloon Dilation

- With or without hole in ear drums to drain fluid (heals 3-7 days).
- No nose-blowing or sneezing with mouth closed for 1 week.
- After 1 week, start popping ears using modified Valsalva (hourly or more).