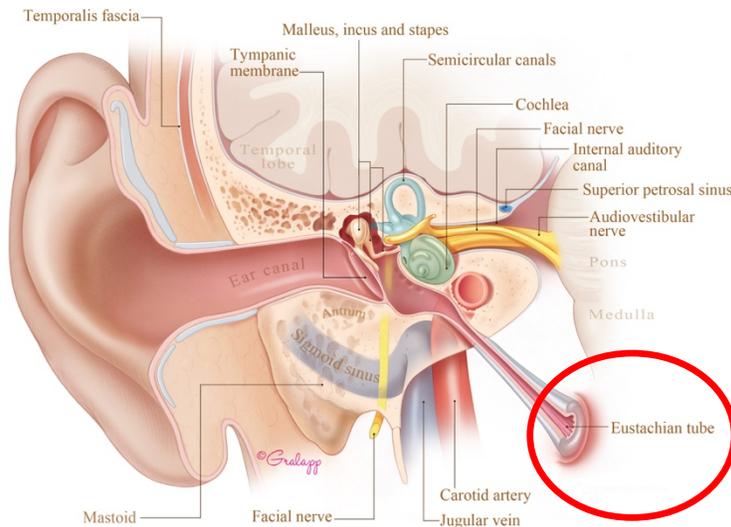


Patulous Eustachian Tube

Patulous Eustachian Tube refers to an abnormally open eustachian tube valve that can cause a disturbing perception of hearing your own voice and/or breathing.



Eustachian tube opening is too open or leaky

Treatment Options:

Conservative Measures:

1. Stay hydrated.
2. Nasal saline drops or extra strength saline (4 teaspoons of salt in a cup of water). Lay down on your back with a towel behind your head. With your nose straight up to the ceiling, apply 3-5 drops to the nostril on the affected side, then turn 45 degrees to that side. Hold for 1 minute. It is common for you to taste the salt solution. Repeat on the other side if needed.
3. Stress management.
4. Discontinue decongestants, oral anti-histamines, oral contraceptives, nasal steroid sprays.
5. Minimize caffeine or stimulants.
6. Lying down or placing your ear down may temporarily relieve your symptoms.
7. Allergic symptoms should be treated with nasal saline rinses (please see nasal saline rinse handout) and avoidance of allergens. Immune therapy should be considered by consulting with your allergist (shots or medication under the tongue).

Medical Interventions (try for 2 months):

1. Patul-End (<https://www.patulend.com/>). Developed by Dr. DiBartolomeo. These drops are a drug-free topical vitamin mix that will irritate mucus membranes and increase secretions. Its purpose is to irritate and engorge the mucosa around the

eustachian tube valve to encourage valve closure. Side-effects from the drops include burning, irritation, and bleeding.

2. Estrogen nasal drops/spray (Premarin) 25 mg in 30 mL in saline. Hormone therapy to thicken membranes and secretions. Side effects from this can include burning, irritation, and bleeding.

Surgery:

1. Injection of dissolvable material to bulk up the eustachian tube valve. Not FDA approved.
2. Shim insertion: this refers to placement of a plastic IV catheter filled with bone wax that is placed into the eustachian tube to block the valve. The catheter is often sutured to keep it in place. An ear tube is placed at the time of the surgery to provide ventilation to your ear. Not FDA approved.
3. Reconstruction of the eustachian tube valve using your own tissue or allograft: abdominal fat, cartilage, alloderm or soft tissue like fascia.
4. Permanent closure of the eustachian tube.