



DALLAS
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GROUP

Adult and Pediatric Otolaryngology
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Flight Instructions

- Apply a nasal steroid spray (such as Nasonex, Veramyst, Flonase, Omnaris)
 - 2 sprays to each nostril daily
 - Begin 5 days prior to your flight
- Take Sudafed (30mg) 30 minutes before your flight.
- Apply Afrin nasal spray- 3 sprays to each nostril.
 - Do this at take-off and when plane is descending.

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