



DALLAS
ENT
GROUP

Adult and Pediatric Otolaryngology
7777 Forest Ln, Suite B432
Dallas, TX 75230
Phone 972-566-8300
Fax 972-566-8004

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.