



# Otovent Nasal Balloon

## What is Otovent?

Otovent is a small balloon, made out of latex, which your child blows up using their nose. The act of blowing up the specially pressurised balloon can help to open up the Eustachian tube so that the fluid associated with glue ear can safely drain away. Otovent should be used on a regular basis, three times a day, until all the fluid has been drained away. Results will often start to be seen as early as a few days into using the treatment. The Otovent balloon is only suitable for children from 3 years of age who can blow their nose.

## How to use Otovent



### Connect

Connect the balloon to the nose piece. Hold the round part of the nose piece firmly against the right nostril with the right hand. Press the left nostril closed with the left hand.



### Inflate

Inhale deeply, close the mouth and inflate the balloon until it is the size of a large orange, by blowing through the nostril.



### Repeat

Repeat the procedure with the left nostril. You will know that the treatment works if your child experiences a “pop” or “click” in the ear.

## **Why use Otovent?**

Research has shown medicine is usually ineffective in treating glue ear. After children with glue ear have been assessed for the severity of their condition, it will often be a case of simply “watch and wait”. This is because almost half of all glue ear cases will cure themselves within three months.

Otovent is an effective glue ear treatment designed to reduce the need for surgical intervention. It increases the chance of a shorter recovery time from glue ear and is the only non-invasive glue ear treatment for use during the “watch and wait” period. It may be available on prescription or bought over the counter but it is recommended to see your GP or Audiologist before trying Otovent.

## **Frequency of Use**

Otovent is best used three times a day (morning, midday or after school, and evening). The normal duration of treatment is 2 - 3 weeks, after which your doctor / audiologist should decide whether or not you continue with the treatment. The Otovent pack is intended for 2-3 weeks of treatment and each balloon may be used for 3 - 4 days.