

TYPE 1 EAR BAROTRAUMA

You are suffering from an ear condition called type 1 ear barotrauma. This implies that through insufficient or forceful ear equalising, your eardrum has been injured. Further diving while suffering from this condition could adversely affect your ears and even cause bursting of the eardrum.

The following treatment is suggested and the medicines mentioned can be bought over the counter:

- 1) Avoid further diving until:
 - a) All nasal symptoms have subsided (eg. congestion)
 - b) Ears can easily be equalised on the surface
 - c) All ear symptoms (pain, fullness etc.) have cleared
- 2) Take 1 SUDAFED tablet three times a day for 3 to 5 days, until all ear symptoms have cleared. The Sudafed opens the eustachian tube and allows free ventilation of the middle ear (an essential part of ear functioning). It should not make you drowsy and is not potentiated by alcohol. **IF YOU SUFFER FROM ANY HEART OR VASCULAR CONDITION, CONSULT YOUR DOCTOR BEFORE TAKING SUDAFED.** Do not take more than the prescribed dose.
- 3) Insert 2 to 3 ILIADIN/ DRIXINE NOSE DROPS OR SPRAY TWICE into each nostril twice a day to relieve nose and sinus congestion and to open the nasal part of the eustachian tube. Do not use longer than 5 days.
- 4) For relief of ear pain, DISPRIN or PANADO is usually sufficient. Do not take more than 2 tablets every 4 hours. Ear drops are of unproven benefit and may irritate the eardrum.

Your ears should be back to normal in 3 to 5 days. Please look after them. There are too many cases of ruined ears and even permanent hearing disability due to neglect.

With compliments

Dr Frans Cronjé MBChB(Pret); BSc(Hons) Aerosp Med
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TYPE 2 BAROTRAUMA

You are suffering from an ear condition called type 2 ear barotrauma. This means that insufficient or forceful equalising while diving has led to bleeding inside the middle ear and within the eardrum. To continue diving while suffering from this condition is dangerous, as the ear drum, which is already injured, could easily burst. This leads to temporary loss of hearing and is often complicated by infection. By looking after your ears now, they should be back to normal between 7 and 14 days, when diving may be continued after being inspected by a doctor.

The following treatment is strongly recommended and the medication can be bought over the counter:

- 1) Avoid further diving until:
 - a) All nasal symptoms have subsided (eg. congestion)
 - b) Ears can easily be equalised on the surface
 - 3) All ear symptoms (pain, fullness etc.) have cleared and a doctor has re-examined your ears to confirm that they have recovered completely.
- 2) Take 1 SUDAFED tablet three times a day for 5 days. The Sudafed opens the eustachian tube and allows free ventilation and drainage of the middle ear (an essential part of ear functioning). It should not make you drowsy and is not potentiated by alcohol. **IF YOU SUFFER FROM ANY HEART OR VASCULAR CONDITION, CONSULT YOUR DOCTOR BEFORE TAKING SUDAFED.** Do not take more than the prescribed dose.
- 3) Insert 2 to 3 ILIADIN/ DRIXINE NOSE DROPS / SPRAY into each nostril twice a day to relieve nose and sinus congestion and to open the nasal part of the eustachian tube. Do not use longer than 7 days.
- 4) For relief of ear pain, **CODIS** is usually sufficient. Do not take more than 2 tablets every 4 hours. Ear drops are of unproven benefit and are not recommended. Note: Contraindicated with Aspirin or Codeine allergy.
- 5) If ear symptoms have not improved dramatically within 3 days, visit your doctor.

Your ears should be back to normal in 10 to 14 days. Please look after them. There are too many cases of ruined ears and even permanent hearing disability due to neglect.

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TYPE 3 BAROTRAUMA

You are suffering from an ear condition called type 3 ear barotrauma. This means that insufficient or forceful equalising while diving has led to rupture or bursting of the eardrum. To continue diving while suffering from this condition is dangerous, as the ear drum no longer forms the natural barrier to water and germs, and infection invariably occurs. You are probably suffering from partial and temporary disturbance in hearing. This will return as the ear drum heals. By looking after your ears now, they should be back to normal between 14 and 21 days. The following treatment is strongly recommended and the medication can be bought over the counter, with the exception of the antibiotics that need to be prescribed:

- 1) Avoid further diving until a doctor has examined your ears to confirm that they have recovered completely and that the eardrum has healed.
- 2) Take 1 **SUDAFED** tablet three times a day for 5 days. The Sudafed opens the eustachian tube and allows free ventilation and drainage of the middle ear (an essential part of ear functioning) and will aid the healing process. It should not make you drowsy and is not potentiated by alcohol. **IF YOU SUFFER FROM ANY HEART OR VASCULAR CONDITION, CONSULT YOUR DOCTOR BEFORE TAKING SUDAFED.** Do not take more than the prescribed dose.
- 3) Insert 2 to 3 **ILIADIN/ DRIXINE NOSE DROPS/ SPRAY** into each nostril twice a day to relieve nose and sinus congestion and to open the eustachian tube. Do not use longer than 7 days.
- 4) For relief of ear pain, **CODIS** is usually sufficient. Do not take more than 2 tablets every 4 hours. Note: Contraindicated for Aspirin or Codeine allergy. Ear drops are of unproven benefit and are often toxic to the middle ear. If the ear continues to discharge blood and pus, allow your doctor to rinse them out with a 1.5% peroxide solution, up to 4 times a day. A small amount of discharge is often present and disappears only after the ear drum has healed.
- 5) Infection frequently occurs and delays healing. 1 capsule of **AMOXIL (500mg)** taken 8 hourly for 7 days is usually recommended. **NB. DO NOT TAKE IF ALLERGIC TO PENICILLIN.** These have to be prescribed by a physician.
- 6) If ear symptoms have not improved dramatically within 3 days, visit your doctor. It is advisable to go for another check up after 7 days, to allow additional or alternative antibiotics to be prescribed if necessary, and for an assessment of the degree of recovery.

Your ears should be back to normal in 14 to 21 days. Please look after them. There are too many cases of ruined ears and even permanent disability due to neglect. Don't dive until a doctor has confirmed complete recovery!

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