



**PRECAUTIONS PRIOR TO AIR FLIGHT**

1. Afrin 12-Hour Nasal Spray — Use 30 minutes Pre-Flight
2. “Earplanes” – Available at any drug store
3. Allegra or Sudafed – 1-hour pre flight
4. Sips of water during descent
5. Chew Gum

Our office can be reached at **401-885-8484** for any questions