

Balloon dilation of the Eustachian tube or tubes (BET)

These instructions are intended for printing. The instructions contain sections to be filled in.

The purpose of the Eustachian tube is to equalize the pressure in the middle ear, remove secretions away from the middle ear and prevent inflammation from spreading from the nasopharynx (the upper part of the throat behind the nose) to the middle ear. This procedure involves widening a narrow or blocked Eustachian tube using balloon dilation. Balloon dilation may help with inflammation and pain resulting from a blocked Eustachian tube.

The procedure is usually carried out under general anaesthesia. Before the anaesthesia, nasal drops or spray will be applied to both nostrils. The procedure involves passing a balloon catheter into the Eustachian tube through the nostril using an insertion instrument and optics. The balloon is inflated to a pressure for 2 minutes.

After-treatment

If the mucous membranes of your nose feel dry, use drops of saline solution or Humidose spray to moisten them.

After the balloon dilation procedure, we recommend you do the blowing exercises described below 2 times a day for a period of 1 to 2 weeks.

Please check once again the instructions given specifically for you in your surgery report on the number of times you should do the blowing exercise.

- Hold your nose, close your mouth and blow. Repeat this as many times as your doctor has advised. Be sure to avoid too much pressure and blowing for too long.

Avoid flying for at least 2 weeks.

If you do diving, consult your doctor about when to start this hobby again.

Follow-up check takes place at the Ear Outpatient Clinic.

Sick leave will be prescribed by the otologist as needed.

Pain management

Usually over-the-counter pain medicine is all you need for the pain.

Paracetamol

Anti-inflammatory painkiller

Contact the hospital / doctor if

Your nose is bleeding or discharging a blood-tinged secretion, or you have a fever and increased pain.

Ear Outpatient Clinic on weekdays 08.00–10.00, telephone 06 213 1372

Day Surgery Unit on weekdays 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health clinic

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

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This instruction is intended for our patients who are in care relationship.