



Randall K. Wenokur, M.D.

Lloyd C. Ford, M.D.

Benjamin M. Loos, M.D.

Joshua K. Au, M.D.

FLYING PRECAUTIONS

1. Take Sudafed 60mg by mouth on the day of flying
2. Thirty minutes before descent, spray 2 puffs of Afrin "Oxymetazoline" nasal spray into each nostril
3. While descending pop ears every 1 to 2 minutes by plugging the nose and blowing or chewing gum or swallowing liquids.

2700 Grant St, Suite 104
Concord, Ca 94520
P: 925.685.7400
F: 925.685.0917

365 Lennon Ln, Suite 280
Walnut Creek, Ca 94598
P: 925.932.3112
F: 925.932.3317

2400 Balfour Rd, Suite 300
Brentwood, Ca 94513
P: 925.685.7400
F: 925.685.0917

2301 Camino Ramon # 205
San Ramon, Ca 94583
P: 925.685.7400
F: 925.685.0917