

Eustachian balloon tuboplasty

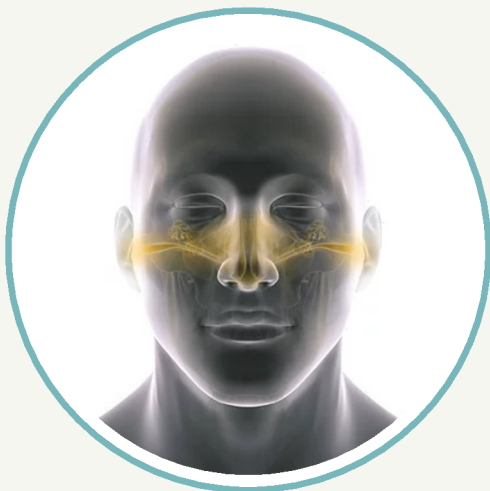


Eustachian balloon tuboplasty is a minimally invasive procedure used to treat dysfunction of the eustachian tube as an alternative to grommets.

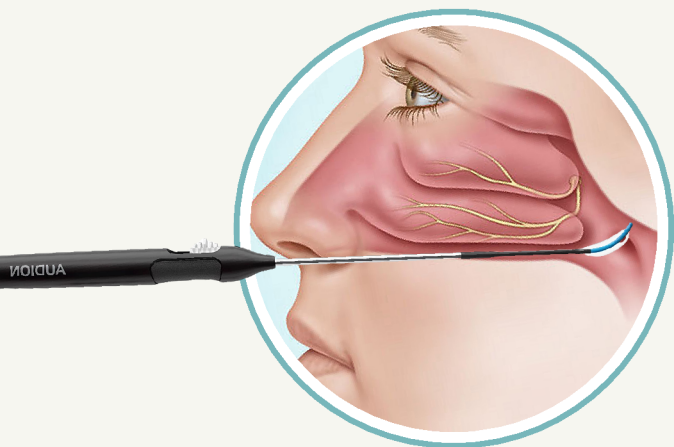
The eustachian tube connects the middle ear (the area behind the eardrum) to the back of the nose. It's the tube you blow up when trying to 'pop' your ears.

If it is too narrow it can lead to:

- ear fullness or pressure
- muffled hearing
- ear pain
- pain on flying or diving
- fluid behind the ear drum leading to hearing loss and potentially infections



Before considering surgery you should try nasal sprays and waiting for at least 6 weeks to see if it resolves.



The procedure can be done awake or under a general anaesthetic. If you have a significantly deviated septum or polyps blocking the nose, you may need to combine the procedure with straightening the septum or removing the polyps.

During the procedure, your nose will be numbed. The device is gently positioned via your nostril into the eustachian tube and inflated for 2 minutes. It is then removed.

It is low risk, but your nasal secretions may be blood stained for a day or 2, there may be mild discomfort following the procedure, and rarely neck swelling. If the tube is subsequently too wide you may have a sensation of sensitivity to sound following the procedure, this is very rare.

You can go home the same day, should avoid flying for 2 weeks but can return to normal activities the following day if performed awake or after 2 days if it is performed under general anaesthetic.

The procedure is effective in two thirds of patients, and in those the benefit is usually long-term.

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