

Using the Otovent

An Otovent can be used as a treatment option for glue ear. This leaflet has been developed as guidance on how best to use the device for your child.

Introduction

Glue ear is a condition that affects many young children. It is estimated that 70% of children will have experienced at least one episode of glue ear by the age of 4. It can affect one or both ears at a time. Glue ear is usually a temporary condition that most children grow out of. In about 50% of cases, glue ear will spontaneously resolve over three months and this percentage rises over 12 months with no intervention. However, there is evidence which now suggests that a device known as an Otovent can help whilst your child is in a period of “watchful waiting”.

What is an Otovent?

An Otovent is an auto-inflation device and consists of a nose piece and five balloons. The Otovent can be used on anyone from 3 years of age; however, the treatment of children should always be supervised by an adult.

What is auto-inflation?

Auto-inflation is a simple technique that increases the pressure in the nose, opening the Eustachian tubes that connect the middle ear to the back of the throat. This helps to equalise the pressure and clear the fluid from the space behind the eardrum.

How to use the Otovent

The manufacturer recommends that people starting treatment with an Otovent should use it at least three times a day with one inflation through each nostril on each occasion. After one week, it should be used at least twice a day. Your child can continue using the Otovent until they return to Audiology for a follow-up appointment. We recommend that the device is used in the morning, on returning home from school and before bedtime. Parents may want to demonstrate the device before their child, to experience the sensation of pressure on the Eustachian tube. The child may experience “clicking”, discomfort, or feel movement in their ears, and these are signs that the device is working.



To use the Otovent please follow these instructions:

- For the first use please stretch the balloon.
- Connect the balloon onto the nose piece.
- Hold the round part of the nose piece firmly against the right nostril with the right hand.
- Press the left nostril closed with the left hand.
- Inhale deeply, close the mouth and inflate the balloon until it is the size of a grapefruit, by blowing through the nostril.
- Repeat the procedure with the left nostril.
- After each use the nose piece should be washed in mild detergent and rinsed with clean water.

A video of how to use the device, along with further information about glue ear, can be found on the Little Ears website: www.littleears.soton.ac.uk/nasal-balloon-instructions

Looking after your Otovent

When not in use please protect the balloons from direct sunlight and keep the nose piece along with the balloon in the box provided with the device. Each balloon can be inflated at least 50 times.

Stop using the device if your child:

- Has a bad cold
- Suffers from nasal congestion
- Has an ear infection

Would you like to find out more about Otovent?

Further information is available from www.littleears.soton.ac.uk/

Visit the official Otovent site on www.gluear.co.uk

If you have any further questions or concerns please ask one of the Paediatric staff who will try and help. The contact number of the Audiology Department is 0118 322 7238.

For further information about the Trust, visit www.royalberkshire.nhs.uk

If you would like this leaflet in other languages or formats (e.g. large print, Braille or audio), please contact the Audiology Department.

Paediatric Audiology Department: November 2017

Review due: November 2019