



Clear your NOSE

Did you know that you can help prevent ear infections by blowing your nose? The nose works to filter out dust and germs. The air we breathe in goes to our lungs and to our middle ear systems to help us hear. This is because we need air behind the ear drum for sound to travel through the hearing system to the brain.

Are you sure you are blowing your nose correctly when your nose feels blocked? Let's make sure:

1. Most importantly: use a tissue and don't sniff!
2. Close your mouth tightly.
3. Block your left nostril.
4. Blow out through your right nostril into a tissue.
5. Repeat for the other side.
6. Don't block both sides when you blow.
7. You may need to blow many times until your nose is clear.

WHEN SHOULD YOU BE BLOWING YOUR NOSE

- When you get up in the morning.
- Before you leave for work or school.
- Every time you clean your teeth.
- At bedtime.
- Anytime you sniff.



Our ears are connected to the back of our nose. This means that when our nose is blocked, our ears can also become blocked. When our ears become blocked, it affects our ability to hear well. Blowing your nose can help to keep our ears clear to ensure we can hear well.

If you feel as though you are not hearing well, it is important to have your ears checked. Advanced Hearing Solutions can check your hearing and provide you with the best information and recommendations needed to look after your ears. Our audiologists will ensure you see the right specialists if this is required to look after your nose and ears.