

Centre for Hearing and Balance Disorders

Using the Otovent

An Otovent can be used as an alternative treatment option for glue ear. This leaflet has been developed to help guide you on how best to use the device for your child.

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 3 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 while your child is in a period of “watchful waiting”.

What is an Otovent?

An Otovent is an auto-inflation device with a nose piece and five balloons. The Otovent can be used on anyone from 3 year’s old. 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. It opens the Eustachian tubes that connect the middle ear to the back of the throat. This helps to balance the pressure and clear the fluid from the space behind the ear drum.



Patient Information

How to use the Otovent

The manufacturer recommends that people starting treatment with an Otovent should use it at least 3 times a day. Each time, you should inflate it once in each nostril. After 1 week, it should be used at least twice a day.

We recommend that the device is used in the morning, on returning home from school and before bedtime for the first week. After this, it can be used in the morning and before bedtime.

You may want to show your child how to use the device, so they can feel the pressure on their Eustachian tube. Your child may experience “clicking” sensation, discomfort or movement in their ears. These are signs that the device is working.

To use the Otovent, please follow the instructions below -

- 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 can be found on YouTube using the following link: <https://www.youtube.com/watch?v=rEFBIZCwkuc>

Patient Information

When not in use, make sure to keep the balloons away from direct sunlight. Store the nose piece and the balloon in the box that comes with the device. Each balloon can be inflated at least 50 times.

Stop using the device if your child:

- Has a bad cold
- Is suffering from nasal congestion
- Has an ear infection

For more information about the Otovent

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

Further information is available from www.littleears.soton.ac.uk/. You will need to create an account to access the resources.

With thanks to Royal Berkshire NHS Foundation Trust for permission to use this information.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6444 and we will do our best to meet your needs.

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