

SANOHRA fly for adults

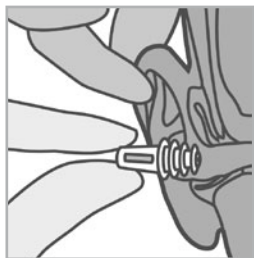
SANOHRA fly for children from 1 year and for adults with small auditory canals

SANOHRA fly protects the ear against rapid changing of air pressure, as appearing during flights f.e.

How does earpain occur?

The ear is a very sensitive organ. The middle ear is situated behind the airtight eardrum. The ventilating of the middle ear is passing through the eustachian tube. During take off the air pressure inside the cabin decreases rapidly. This normally happens without any difficulties for the ear, since the eustachian tube just has to let off a relative over-pressure from the middle ear passively. At landing the air pressure rises within a few minutes to ground level. If the Eustachian tube is not able to generate a necessary active opening, the low pressure level stays inside the middle ear, what causes a curvature of the eardrum. This leads to earpain, but it may also occur as face- or toothache.

By using **SANOHRA fly** with the Air Pressure Control pressure changes are slowing down before the eardrum. **SANOHRA fly** supports the ear, even at reduced function of the Eustachian tube, to adapt to very alternating pressure conditions painlessly.



How to fit in SANOHRA fly

Move one arm above the head and slightly lift the upper part of the external ear on the other side of the head. This will enlarge the auditory canal. Use thumb and index finger of the other hand to seize **SANOHRA fly** at its stalk and put it into the auditory canal with its lamellas first by moving it slightly and rotating.

Children must not use the ear protection without the supervision of an adult. Do not use, if suffering from an ear inflammation.

When should SANOHRA fly be put in?

At take off: Who already has problems with earpain at the take off, should put in **SANOHRA fly** before the plane takes off. After 30 minutes **SANOHRA fly** can be taken out, since the pressure conditions are supposed to be constant once the plane has reached its altitude. During short-termed flights under 2 hours, it is recommended to wear **SANOHRA fly** during the whole flight.

At landing: Put in **SANOHRA fly** as described not later than 45 minutes before landing. Do not wait for the pilots' announcement. It is recommended to support the function of the Eustachian tube by chewing, swallowing and yawning. The ear will be optimal protected, if **SANOHRA fly** is not taken out until the arrival at the airport.

Please notice, that, due to its function, **SANOHRA fly** also causes a sound attenuation.

How to take out SANOHRA fly

Before taking it out, lift the outer ear as described. Do not take the earplug out jerky, but remove it with a slightly rotating move.

SANOHRA fly may not be cleaned with water or detergent. Already the minerals in the water would stop up the APC. Also air pollution and earwax may cause that. After use always put back **SANOHRA fly** into its box. To ensure the optimal function, use **SANOHRA fly** at most during 3 outward and return flights.

Other products of Innosan GmbH:

SANOHRA swim ear protection for swimming, bathing and showering.

Protects the ear canal and the eardrum against water penetration.

ProBrise® more air for breathing

Nasal dilator which supports and slightly expands the aral wings of the nose. For easy inhalation during sports and against snoring. www.probrise.de