ASK A SURGEON

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Q *When I fly, I get a severe headache. What can I do?*

CHRIS, COVENTRY

You could have a sinus problem, so talk to your GP. Also, try taking decongestion drops like Otrivine before, during and after the flight, and especially before landing. Paracetamol also helps. Sinus problems may lead to ear pain while flying. A good tip is to chew gum to relieve pressure on the middle of the ear.