

Ear infections - A Primer for Parents

Ear Infections (also known as “Otitis Media”) are the most common infections treated by antibiotics. We at the practice are all concerned about the overuse of antibiotics especially in view of the following:

- It is extremely rare for recurrent ear infections to cause permanent hearing loss.
- Persistent fluid in the middle ear may not affect language development long term.
- 80% of ear infections resolve on their own without antibiotics and the pain can be controlled with Tylenol or Motrin until the infection resolves.
- The peak incidence of ear infections is between 4 and 18 months.

Therefore:

Our providers have decided not to treat ear infections with antibiotics in children over two years of age without a fever in which there is good pain control with Tylenol and Motrin for 48 hours. We advocate “watchful waiting” with Tylenol or Motrin for 48hrs if your child is fussy at night, happy during the day, and has no fever; especially during the teething phase.

(6-18 months)

For more information, we suggest ordering the book “The Parents Complete Guide to Ear Infections” by Dr. Al Green.