

Swimmer's Ear

Signs and symptoms

- 1) mild- painful to move ear
- 2) moderate- to grade fever
 - more painful to move ear
 - some pain on that side when chewing
- 3) severe- fever greater than 101
 - very painful to move the ear
 - great difficulty opening the mouth and chewing facial swelling in front or behind the ear

How to treat?

The most important way to treat is the prescription drops

- 1) Have the child lie down on their side- gently pull the ear back and place the drops noting if they went into the ear hole (if not call the doctor) . Then push the bump in front of the ear hole gently into the ear hole- this will push the medicine further into the canal. Let the child lie there for 3 minutes then place a wick of cotton into the ear.
- 2) For Pain management use a warm pack to the ear and motrin according to our chart
- 3) On occasion kids may need oral or IV antibiotics and on occasion they may need to see an ENT

How do I tell if it is worsening?

Often it will get slightly worse over the 10 24 hours of treatment before it gets better/ Call back if...

- 1) the fever is 101 or greater
- 2) child is having increasing difficulty opening their mouth
- 3) facial swelling
- 4) Drops won't trickle into the ear hole
- 5) Child looks sick

How do I prevent?

- 1) no q-tips or foreign objects in the ear!!
- 2) If your child is swimming frequently - do drops morning and night of the following:
******White vinegar and rubbing alcohol mixed 1:1 and place 4-6 drops in each ear in the morning and night**