

PAIN DUE TO EAR INFECTIONS

Infections in the ear cause pain in the ear. Infants and toddlers with ear pain will rub or pull their ears. Other possible symptoms include crying, irritability, fever, vomiting, and ear drainage. In young children, feeling of fullness or pressure, hearing problems, dizziness, loss of balance, nausea, vomiting, ear drainage, or fever may accompany ear pain. Always consult with your doctor or pharmacist before giving any medication to your child.

MEDICATIONS:

Ibuprofen (i-bew-PRO-fin) like Motrin® and acetaminophen (uh-c-tuh-MIN-o-fin) like Tylenol®: You may use these to treat your child's pain and fever. These are over-the-counter medicines that can be bought at drug or grocery stores. Ask your child's caregiver how much medicine you should give your child. Read the instructions on the box carefully before giving the medicine to your child. **Do not give aspirin to children under 18 years of age.** Giving aspirin to your child when he is ill may cause a very serious illness called Reye's syndrome.

- **IMPORTANT POINTS:**
 - Be careful not to confuse infant drops and children's suspension. They both contain the same medication (acetaminophen or ibuprofen) but they contain different strengths. You could mistakenly give too much medication if you confuse the infant drops and children's suspension.

Antipyrine and benzocaine (an-tee-PYE-reen and BEN-zoe-kane) combination products, like Auralgan®, are used in the ear to help relieve the pain of some ear infections. It will not cure the infection itself.

- **IMPORTANT POINTS:**
 - There are many kinds of ear drops. Follow your caregiver's advice on how much and how often to use your ear drops. Read the instructions carefully before using your ear drops. You may warm the ear drops to body temperature (37°C or 98.6°F) by holding the bottle in your hand for a few minutes before applying the drops.
 - Lie down or tilt the head so that the affected ear faces up. Gently pull the earlobe down and back to straighten the ear canal. Drop the medicine into the ear canal. Keep the ear facing up for about 5 minutes to allow the medicine to coat the ear canal. For young children who can not stay still for 5 minutes, try to keep the ear facing up for at least 1 or 2 minutes. A sterile cotton plug may be moistened with a few drops of this medicine and gently placed at the ear opening for no longer than 5 to 10 minutes to help keep the medicine from leaking out. If you have any questions about this, check with your doctor.
 - To keep the medicine as germ-free as possible, do not touch the dropper to any surface (including the ear).

- *Do not rinse the dropper after use.* Wipe the tip of the dropper with a clean tissue and keep the container tightly closed.

Antibiotics (an-ti-bi-AH-tik) : Your child's caregiver may or may not choose to give your child antibiotic medicine. Antibiotic medicine may be used to treat your child's ear infection. Your child should feel better in two to three days after taking antibiotics. Always give your child antibiotics exactly as directed by his caregiver.

OTHER TREATMENTS:

- Prop your child's chest and head up with a pillow during sleep. This may decrease his ear pressure and pain.
- Help your child lie with his infected ear facing down. This may allow the ear to drain if fluid is coming out. Turn a heating pad on **low** and place it on (under) the ear. Instead of heat, try putting an ice pack wrapped in a thin towel on your child's infected ear. Find out which of these is best for decreasing your child's ear pain and pressure. Do not let your child sleep on a heating pad or ice pack.

references:

www.aap.org/advocacy/releases/aomqa.htm

www.sinuscarecenter.com/omaa.html