



Ear care advice (for patents & children)



Cork Emergency Medicine

EMed.ie

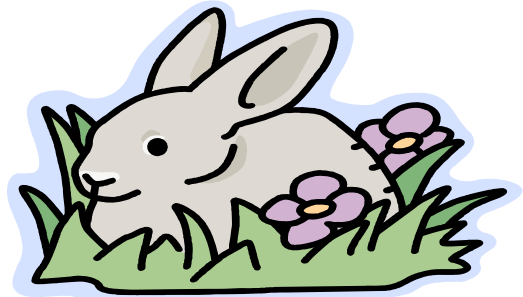
Your child has:
 An infection in the ear canal
 An infection in the middle ear.

 A perforated ear drum
 Other _____

Medication:

- **Ear drops:** Deliver ____ drops into the ____ ear _____ times per day for ____ days.

Technique: Wash your hands (before and after), tilt the child's head and run the ear drops down the side of the ear canal. Move the lobe gently back and forward to help the drops pass down. Plug ear with cotton wool following administration. Dispose of drops on completion of the course.



- **Pain killers:** Take medication as prescribed or advised by the nurse/ doctor in the emergency department.

Ear Care:

- *Keep the ear dry until the infection is cured (See swimming advice).*
- **Cleaning of ears:** When the infection is cured the ear should be cleaned using the corner of a towel- not a cotton bud.
- **Good hygiene:** Colds and flu's are primary causes of ear infections - hand washing before eating and after going outside will prevent transmission.
- Use **ear plugs** when washing you child's hair until infection is cured (see swimming).
- **Healthy diet-** your child should eat lots of fresh fruit and vegetables.
 - Do not expose your child to passive smoke.

Swimming:

- No swimming until the infection/injury is cured / healed.
- Children with a history of an infection in the middle ear should avoid diving or swimming under water AT ALL TIMES.
- Children with GROMMETS should plug ears when swimming or showering (use ear plugs or vaseline coated cotton balls).



Signature Parent/ Guardian:

CNM2 Anne O' Keeffe May 2007. Adapted from: MD Consultant/hhttp://0-home.md.consultant.com.innopac.ucc.ie (26/02/2007)

If you are concerned, please contact the Emergency Department you first attended:

Mercy University
 Hospital
 (021) 4271971

M-UCC at
 SMHC (St.
 Mary's Health
 Campus)
 (021) 4926900

CUH
 (021) 4920200

Mallow General
 Hospital
 (022) 21251

Bantry General
 Hospital
 (027) 52900

