



Ear Infections

Ear infections (otitis media) is inflammation behind the ear drum due to bacteria or a virus. Ear infections most commonly occur during or after a viral illness, such as a cold or influenza.

Symptoms:

Older children will report pain when they have an ear infection, whereas younger children who are unable to communicate may have fever (>100.4F), fussiness, change in sleep patterns, and rubbing or tugging of ears.

See the reverse side for more about ear infections.

Ear infections

Treatment:

If your child starts to develop pain, fever, or other signs of an ear infection, you can give Tylenol® or ibuprofen (> 6 months age) to help alleviate symptoms until he or she can be seen by a physician. Often ear infections are treated with antibiotics, especially in children younger than age 2. For older children or in cases where the ear infection appears mild, your doctor might recommend continued treatment with pain relievers and only treating with an antibiotic if symptoms do not improve after 48-72 hrs. If your child is prescribed an antibiotic, it is important to complete the entire course so that antibiotic resistance does not develop.

Prevention:

- Avoid smoke exposure
- Breastfeeding
- Immunizations
- Not giving your child bottles while laying down in crib

My child has had an ear infection, are tubes needed?

If your child has had ≥ 3 ear infections within 6 months or ≥ 4 in 1 year, your doctor may refer you to an ENT physician to discuss ear tube placement. Ear tubes help prevent fluid from building up behind the ear drum.

For more information, visit cardinalglennon.com

