

# Managing Your Child's Ear Pain



Ear aches are often the result of viral respiratory infections, common colds or allergies that cause fluid to build up in the middle ear. Fluid in the middle ear can be very painful.

Antibiotics can only treat bacterial infections; they can not lessen the pain caused by middle ear fluid.

## Info:



- A **virus** is causing your illness
- Most viral infections last 1 – 2 weeks
- Antibiotics **do not** cure viral infections, and can be harmful if taken when not needed

## To relieve symptoms:



- Get adequate rest
- Drink lots of fluids
- Keep his / her head propped up when resting
- Keep your home smoke-free

## Medication:



- Topical analgesic eardrops for pain\*
- Acetaminophen or ibuprofen for pain or fever\*
- Decongestants for stuffy nose\*
- Cough syrup for cough\*
- Other \_\_\_\_\_

\*Dose: Follow the package insert for dosage, or your doctor's instruction.

## Call us if:

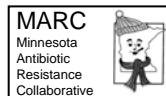


- Condition is getting worse
- There is drainage from the ear
- Fever persists more than \_\_\_\_\_ days or is higher than \_\_\_\_\_
- Any other new symptoms develop
- You have any questions about your child's health

\_\_\_\_\_  
Patient's Name

\_\_\_\_\_  
Clinic Phone Number

\_\_\_\_\_  
Date



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