Do you want to know?

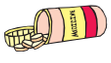
Otitis Media

D04
sheet 1/1

What is it?

Otitis media is an inflammation of the middle ear, caused by allergy, virus or bacteria. It could be acute or chronic. Surgical intervention is usually needed for chronic otitis media or acute otitis media if not resolved by medical treatment. Signs and symptoms may include: decreased hearing, dizziness, earache, high temperature, and ear discharge.

What do you need to know?

Drugs 

Use the medications prescribed by your physician and complete the full course of antibiotics even if symptoms subside.

Activity

Refrain from any activity that might cause dizziness if present (e.g., straining, bending and heavy lifting).

Therapeutic Measures

- Avoid getting water in the ear during showering, shampooing and swimming.
- Use cotton balls covered with water-insoluble gel during shampooing, showering and swimming as a barrier to water contamination.
- Avoid cleaning your ear with cotton-tipped applicators.
- Place a cotton ball loosely in external ear and change it as needed in case of ear discharge.
- Report to your physician in case:
  - Symptoms did not subside after taking the medication.
  - Symptoms increase in severity.
  - Temperature is elevated above 38.5°C.
  - There is increase in puss drainage from the affected ear after 3 days of treatment.
  - There is redness and swelling at the operative site.
  - Appearance of new symptoms. (For example, dizziness).

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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