



## Swimmers Ear

Your child has been diagnosed or suspected to have Swimmers Ear and may have any of the following symptoms:

- Mild ear discomfort
- Slight redness inside the ear
- Feeling of fullness in the ear
- Clear or cloudy drainage
- Decreased hearing

### Causes of Swimmers Ear

- Has been swimming frequently and water has been trapped in the ear that creates a warm environment allowing bacteria or fungi to grow
- Injury to the ear canal from cotton swabs or fingernails which can damage the ear canal and allow bacteria in
- Frequent sweating

### What to Expect with Swimmers Ear

- An infection or irritation of the skin that lines the ear canal
- Starts with itchy ear canal
- The ear canal becomes painful as the swimmer's ear becomes worse.
- Pain increases when pressing on tragus (tab of tissue in front of the ear) (always present)
- The ear feels plugged or full. Can get crackling noises.
- Discharge may develop as the swimmer's ear becomes worse
- No cold symptoms or fever

### When to Call for Swimmers Ear

- Ear pain is moderate to severe
- Pain with touching or pulling ear
- Ear drainage (pus, blood, foul smelling fluid)
- Swelling or redness around the ear
- Fever >100.4F

### Continue Self-Care at Home

- Swimmer's ear with no complications
- Keep the ear dry
- Apply a warm compress to ear
- Tylenol or Motrin to help with pain
- Do not put any objects in ear (cotton swabs, fingers, ear buds)

### Call Office to be Seen Within 24 Hours

- Blocked ear canal
- Diagnosis is uncertain
- Ear symptoms persist after 3 days of vinegar ear drops
- Constant ear pain
- Fever
- Redness and swelling of outer ear
- Yellow discharge
- Swollen lymph node near ear
- Ear tubes and concern for swimmer's ear

Call Office to be Seen Urgently or Contact Emergency On-Call Provider

- Severe pain 2 hours after taking pain medicine
- Taking an antibiotic and vomits drug more than once