

Discharge Instructions

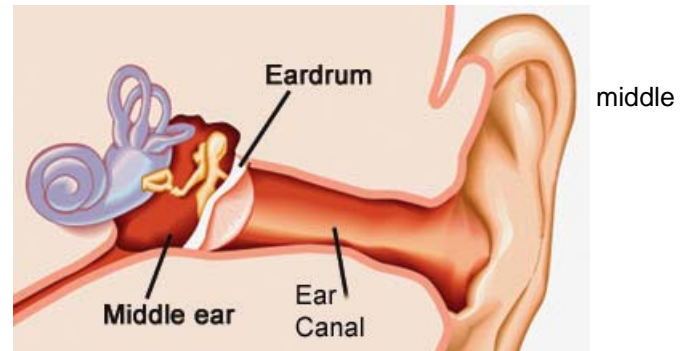
RUPTURED EARDRUM: Infected

[Child]

Your child has an infection of the middle ear (the space behind the eardrum). It can occur as a result of the common cold. This is because congestion can block the internal passage ("Eustachian Tube") that drains fluid from the ear. When the middle ear fills with fluid, bacteria can grow there, causing an infection.

If the pressure of air and fluid in the middle ear becomes too high, the eardrum can rupture. Pus or blood will drain out of the ear canal and hearing will decrease.

Antibiotics are used to treat this illness. Once the infection is treated, the eardrum usually heals completely. Sometimes there is delayed or incomplete healing, or continued hearing loss. For this reason, it is important to have a follow-up exam with an ear specialist (Ear, Nose & Throat doctor).



HOME CARE:

- 1) **FLUIDS:** Fever increases water loss from the body. For infants under 1 year old, continue regular formula or breast feedings. Between feedings give Oral Rehydration Solution such as Pedialyte or Rehydralyte (from grocery and drug stores). For children over 1 year old, give plenty of fluids like water, juice, 7-Up, ginger-ale, Kool-Aid or popsicles.
- 2) **REST:** Keep children with fever at home resting or playing quietly until the fever is gone. Your child may return to day care or school when the fever is gone and she/he is eating well and feeling better.
- 3) **EATING:** If your child doesn't want to eat solid foods, it's okay for a few days, as long as they drink lots of fluid.
- 4) **FEVER:** Use acetaminophen (Tylenol) for fever, fussiness or discomfort. In infants over six months of age, you may use ibuprofen (Children's Motrin) instead of Tylenol. [NOTE: If your child has chronic liver or kidney disease or ever had a stomach ulcer or GI bleeding, talk with your doctor before using these medicines.] (Aspirin should never be used in anyone under 18 years of age who is ill with a fever. It may cause severe liver damage.)
- 5) **MEDICINE:** Finish all of the antibiotic medicine, even though your child may feel better after the first few days.
- 6) Keep a clean cotton ball in the ear canal to absorb drainage. Change the cotton frequently as it becomes soiled with fluid drainage. Do not let water get into the ear. Do not put any medicine drops into the ear unless advised by your doctor.

FOLLOW UP with your doctor in two weeks or as directed by our staff to ensure that the infection is clearing and the eardrum is healing. A hearing test should be done after the eardrum has healed to be sure your child's hearing has returned to normal

RETURN PROMPTLY or contact your doctor if any of the following occur:

- Pain gets worse or shows no improvement after two days of treatment
- Fever over 104.0° F (40.0° C) oral, or over 105.0° F (40.5° C) rectal
- Unusual fussiness, drowsiness or confusion
- Convulsion (seizure)
- No wet diapers for 8 hours, no tears when crying or dry mouth
- Headache, neck pain or stiff neck
- New rash appears
- Frequent diarrhea or vomiting