

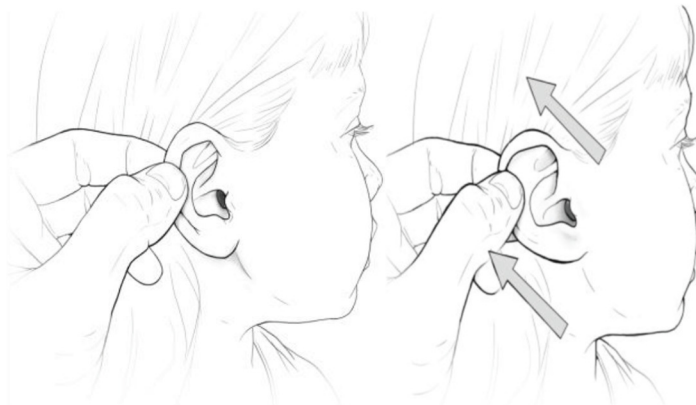
## Instructions for Giving Ear Drops

Ear drops are used for infection with a PE tube, or for “swimmer’s ear” (Otitis Externa).

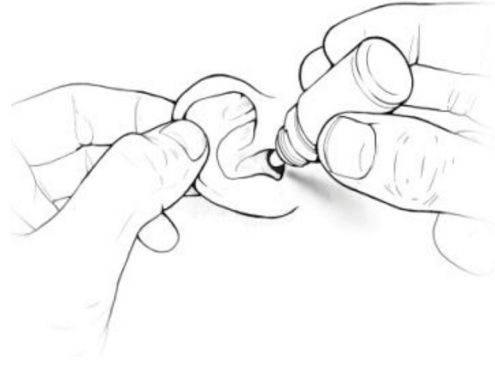
1. Read the instructions on the label of the medication and review how many drops you should give and for how many days. Which ear are you treating, right, left or both ears?
2. Wash your hands with soap and water or alcohol-based hand rub.
3. Gently shake the bottle. Warm the medication by holding the bottle in your hand for a few minutes.
4. If your child can understand and cooperate, explain what you are doing. If your child is not cooperative or too young to understand, you may need another adult to help you.
5. Ear drainage may build up at the opening of the ear canal. Gently remove the drainage with the twisted end of a dry tissue. This will help to absorb the drainage and clean the ear before you put in the ear drops.
6. Help your child lie on their back or side with the draining ear facing up.



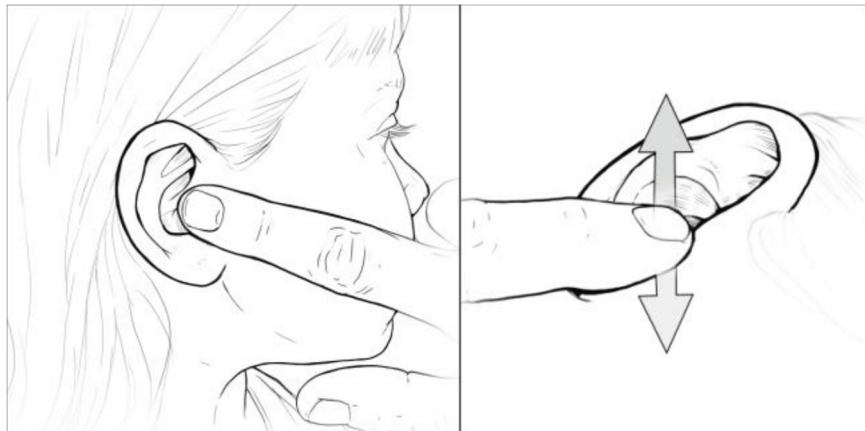
7. Gently hold the outer ear and pull it up and back. This helps to straighten the ear canal so the drops can easily go down.



8. Hold the dropper above your child's ear canal, being careful not to let the tip of the bottle touch the ear. Gently squeeze the bottle, putting in the prescribed number of drops in the ear canal; usually 5 drops (10 drops for T-tubes). Do not worry if you get more drops than prescribed. Sometimes getting an exact number of drops can be difficult.



9. After you put in the ear drops, “Pump” or massage the flap of skin in front of the ear (tragus) several times. This helps push medication down so it can go through the ear tube if a tube is present. If the ear drops do not go down, please call your health care provider. It is normal to “taste” the drops in the throat if there is a tube or hole present in the ear drum. If two medicines (ofloxacin and dexamethasone) are prescribed, apply both on the first side and massage well between each application.



10. Your child should stay on their side for a few minutes to make sure the medication stays in place. You can place a cotton ball in the ear to prevent the medication from flowing out.

Repeat Steps 1–10 in the other ear if ordered.

**Keep ears dry during an ear infection with drainage and keep water out of the ear canal during bathing, showering, and hair washing. Place an ear plug into the ear during showers or cover the ear with a plastic cup when rinsing hair during bathing. No swimming until the infection resolves.**