



INSTRUCTIONS FOR PATIENTS

Acute Otitis Externa (Swimmer's Ear)

If possible get someone to put the drops in the ear canal for you.

Lie down with the affected ear up. Put enough drops in the ear canal to fill it up.

Once the drops are in place, stay in this position for 3-5 minutes. Use a timer to help measure the time. It is important to allow adequate time for the drops to penetrate into the ear canal.

A gentle to-and-fro movement of the ear will sometimes help in getting the drops to their intended destination. An alternate method is to press with an in/out movement on the small piece of cartilage (tragus) in front of the ear.

You may then get up and resume your normal activities. Wipe off any excess drops.

Keeping the ear dry is generally a good idea while using eardrops.

Try not to clean the ear yourself as the ear is very tender and you could possibly damage the ear canal or even the eardrum.

If the drops do not easily run into the ear canal you may need to have the ear canal cleaned by your clinician or have a wick placed in the ear canal to help in getting the drops into the ear canal.

If you do have a wick placed, it may fall out on its own. This is a good sign as it means the inflammation is clearing and the infection subsiding.

Do not remove the wick yourself unless instructed to do so.

SOURCE: Clinical Practice Guideline: Acute Otitis Externa. Rosenfeld RM, Schwartz SR, Cannon CR, Roland PS, Simon GR, Kumar KA, Hunag WW, Haskell HW, Robertson PJ. Otolaryngol Head Neck Surg. 2014 Feb; Vol. 150(1S) S1– S24. doi: 10.1177/0194599813517083