

Ear	Description	Cause	Symptoms	Treatment	Referral
Impacted Wax	Wax built up in the ear canal, usually self-cleared in 5 days	-cotton bud use -age-related decrease in cerumen Don't use cotton buds	-ear discomfort -blocked ear -gradual hearing loss -pain if impacted -fullness -clogged sensation -no discharge	-Cerumenolytics~Waxsol (docusate) (>12 yr)---fill the ear canal with 8 drops for 2 consecutive nights to soften and disperse wax; help with self-resolving--local irritation, - Murine Ear Drops (carbamide peroxide) (>12 y)---instil 5 drops 2 times a day for 4 days to soften---irritation	-OTC fail and symptoms persist for 5days =need to syringing Immediate: -child <1 yr -dizziness -discharge -hearing loss -bad pain -fever -swollen pinna
Otitis Externa (Swimmer's ear)	Inflammation of external auditory meatus caused by bacterial or fungal infection	-prolonged exposure to water -trauma -dermatitis	- clear discharge - itch -irritation -pain when chewing -feel fullness -mild hearing loss	-Aqua Ear (>3 yr) (acetic acid to restore acidic pH of ear canal)---instil 4 to 6 drops into ear canal after swimming or showering, don't use if pain or infection in--sting -Nurofen for anti-inflammatory -earplugs when swim -keep ear canal dry with cotton wool balls smeared with Vaseline -clear ear gently with tissue spear	-present >4 days - pain in child <6yr -persist after 2 days with OTC -severe pain - inflammation of pinna -impaired hearing -fever (oral AB) - mucopurulent discharge
Otitis Media	Inflammation of middle ear with fluid built up due to infection, common in children	Begin with a common cold or flu	-possible sticky yellow discharge -pain behind ear, crying -not itchy -fever -irritability	-Panadol when mild for 1 to 2 days - if not improve 1 to 2 days—need antibiotic—refer -warm compress -tissue spears to clean	- 1-2 days - ATSI -<6 m infants -IMC -<2 yr with both ear infection -systematic unwell
Perichondritis	Inflammation of perichondrium--thin tissue of the pinna supports the underlying cartilage	-trauma -insect bites -burns -piercing -surgery	-external redness -pain -tenderness -swelling -pus -fever	-pain management -topical corticosteroid is not potent to penetrate cartilage--- always refer for oral ab and oral corticosteroid -warm compress, drain -remove piercing	- Always refer -yellow crust -sign of bleeding -severe - infection in cartilage area and top pinna
Dermatitis	Caused by allergens exposure		Dermaid 0.5%; warm compress		>7days

Ear: Inner or Outer? Pain (chewing, moving)? Itch? Discharge? Recent activities? Recent cold or flu?

Recent injury? Surgery? Hearing aid/cochlear implant? Perforation of ear drum--Refer

Ear Drops Use

-Clean and dry the external ear canal

- Warm the bottle to body temperature by holding it in your hand

- Get in a position where the ear is to the sky (lie, sit, whatever comfortable)

- **Adult** = pull the ear back and then up - **Child** = pull the ear back and then down