

HOW TO INSTILL EAR DROPS CORRECTLY

1. Lie down on your side with your affected ear facing up.
2. Drop the drops into the ear one at a time at the opening of your ear.
3. Gently move your outer ear to and fro, or press in and out on the small piece of cartilage at the front of the ear canal to allow the drops fall more deeply into your ear.
4. Stay lying down for 3 –5 minutes giving the drops a chance to reach the deepest part of the ear canal.
5. You can get up and resume normal activities. Some of the drops will spill out of the ear. Gently wipe with a clean tissue.



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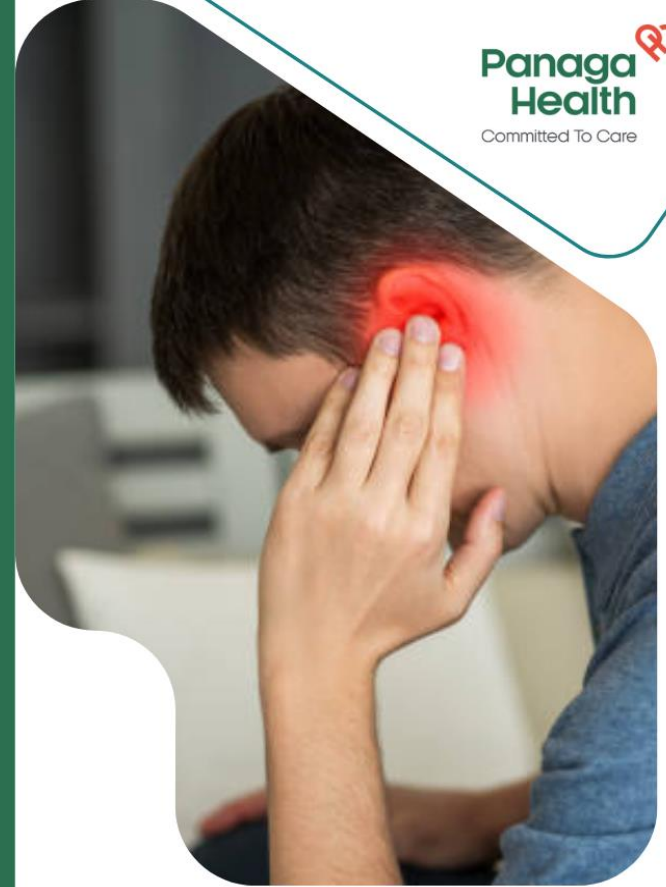
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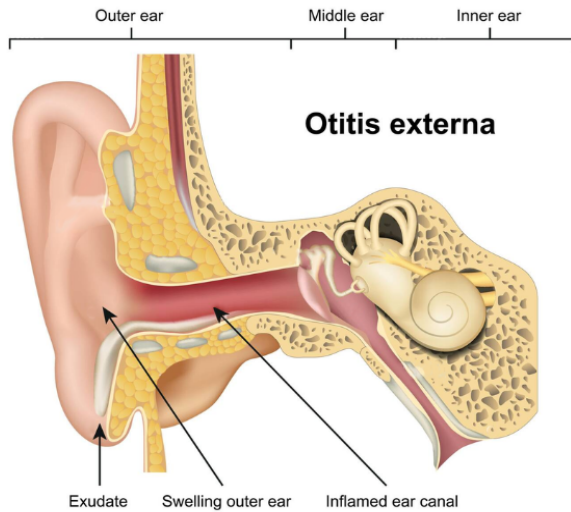


OUTER EAR INFECTION (OTITIS EXTERNA)

WHAT YOU NEED TO KNOW

WHAT IS OTITIS EXTERNA?

Otitis Externa is inflammation, irritation, or infection of the outer opening of the ear and ear canal. It is sometimes called swimmer's ear, however you don't have to go swimming to get swimmers ear.



CAUSES

It is an infection caused by bacteria or fungus. Water that remains trapped in the ear canal may promote the growth of these microorganisms. Other causes include anything that injures the skin of the ear canal, such as dry skin, eczema, chemicals, scratching, putting things inside your ear (finger, cotton swap, bobby pins, paper clips) or conditions like psoriasis.

COMMON SYMPTOMS

- Redness and swelling of the outer ear.
- Itching inside the ear.
- Pain or pressure inside the ear .
- Fever.
- Drainage from the ear (bad smelling pus or yellow-green color).
- Dry, scaly skin in and around ear canal.
- Muffled hearing or hearing loss.

WHEN TO SEE A DOCTOR

This condition may go away on its own, however if your symptoms persist for more than 3 days see your doctor. Treatment is needed to prevent the infection spreading beyond the ear to the skull and brain. If you are receiving treatment and symptoms have not resolved in 10-14 days, or worsen, see your doctor.

A doctor may take a swab from your ear to identify the organism that is causing the infection.



TREATMENT OPTIONS

- You may be prescribed antibiotic or steroid ear drops/oilment. Paracetamol or ibuprofen will usually ease the pain.
- Do not scratch your ears as this can spread the infection.
- Do not use cotton bud to clean the ears as it may make things worse. If there is heavy discharge, use cotton ball or cloth to mop up the discharge at the outside of the ear.

PREVENTION TIPS

- Keep your ear canals dry when swimming, washing your hair or showering by using earplugs, shower cap, fitting cap or cotton wool coated in Vaseline.
- Use a towel to dry your ears after swimming, bathing or being in water.
- Avoid swimming in dirty or polluted water.
- Do not stick anything in your ear (cotton buds, finger or hair grips etc.).
- Clean ear buds and hearing aids before inserting into ears.