

EARACHE

Symptoms: Pain or discomfort around the ear often accompanied by cold symptoms. Child exhibiting symptoms of previous ear infection(s). (crying, fussy, sleeping poorly).

Treatment:

- Give ibuprofen (if older than 6 months) or acetaminophen – see dosing charts.
- Raise the head of the bed 30 to 45 degrees.
- Apply warm compress to ear – if older than one year.
- If earache persists until morning or the child has a fever, call for an appointment.

Call immediately if: Earache is not an emergency – if you suspect an ear infection overnight try the pain relieving methods listed above and call the office in the morning for an appointment. Because antibiotics take over 24 hours to start working, pain relief management is more important in the middle of the night.

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