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Ear Infection

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Ear Infection

- Infection of the middle ear
- Sudden onset of ear pain, fever, irritability
- Fluid in the middle ear
- May occur during or after a viral URI
- Risk factors:
 - Allergies, day care, pacifier use, no breastfeeding, anatomic issues
- Acute otitis media is not swimmer's ear (otitis externa)



Causes of Ear Infection

- Usually a complication of the eustachian tube
- Bacteria: same as those that cause bacterial upper respiratory tract infections
 - S. pneumonia, H. influenza, Moraxella



Diagnoses of Ear Infection

- Clinical diagnosis
- History and physical exam with Otoscope
- Presence of fluid or pus behind the ear drum with typical signs and symptoms



Treatment of Ear Infection

- Adequate pain relief
- In children over 2, antibiotics not required for mild cases
- DOC: high dose amoxicillin
- Augmentin, Cefdinir, Rocephin, or clindamycin
- Nasal steroids or sprays do not help
- Re-evaluate if no improvement with treatment in 2-3 days
- Referral to ENT for persistent middle ear effusion, anatomic damage or hearing or language issues.

