NOTE
Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

CONGESTION: SEROUS OTITIS MEDIA

Symptoms
Decreased hearing
Feeling of fullness in ear
Pain
Inability to clear ear

Signs
Dull/retracted eardrum
Bubbles behind eardrum

Diagnosis
AMP Examine ear with Otoscope (Physical Exam-9) and report findings to Surgeon.

Treatment
1. Decongestants

DRUG HELP

1. Sudafed has a more rapid onset of effect and is shorter acting than Entex LA. It is a simple and effective decongestant, and may be used prior to any pressure changes (such as EVA) after consultation with Surgeon. Sudafed’s main possible side effects are rapid heart rate and “jitteriness.”

2. Entex LA contains a decongestant and a medication to loosen secretions. Entex LA is longer acting and mild and is a good choice for mild but persistent symptoms. Entex LA’s main possible side effects include restlessness and nervousness.

3. Use Afrin Nasal Spray, especially for nose and inner ear congestion. This is also good to use if mildly congested and pressure changes are anticipated. Generally, use two sprays each dose. Do not use more than 3 days.

AMP *Sudafed (Pseudoephedrine) (P1-B16)
Dose: 1-2 tablets every 6 hours as needed

AMP Entex LA (Phenylpropanolamine/Guaifenesin) (P1-B14,15)
Dose: 1 tablet every 12 hours as needed

Possible side effects
Insomnia, restlessness, headache, nausea

AMP Afrin Nasal Spray (P2-B1) - Long-acting topical nasal decongestant
Dose: 1-2 sprays in each nostril every 12 hours as needed

Possible side effects
Burning, stinging, sneezing, or increased nasal discharge
Usage more frequently than directed can produce chronic nasal congestion.

Perform gentle Valsalva 8 --- 10 times/day.
INTERNAL INFECTION: OTITIS MEDIA

Symptoms
- Pain
- Sensation of warmth
- Decreased hearing in affected ear

Signs
- Red and bulging eardrum (Tympanic membrane)
- No normal landmarks
- Fever

Diagnosis
Examine ear using Otoscope (AMP Physical Exam-9).

Treatment
1. Contact Surgeon.
2. Antibiotics

<table>
<thead>
<tr>
<th>DRUG HELP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Both Amoxicillin and Bactrim are generally effective for otitis media (middle ear infection) and serious side effects are uncommon. Selection depends on individual experience and known allergies or sensitivities. It is best to check with Surgeon before selecting.</td>
</tr>
</tbody>
</table>

| AMP (blue) |
| Amoxicillin (Amoxil) (P1-A13,14,15) |
| Dose: 1 capsule every 8 hours for 10 days |
| **WARNING** |
| Do not use if there is history of Penicillin or Cephalosporin allergy. |
| Possible side effects |
| Nausea, diarrhea, rash |
AMP
*Bactrim DS (Trimethoprim/Sulfamethoxasole) (P1-A4,5)

Dose: 1 tablet every 12 hours for 10 days

**WARNING**

Do not use if allergy to sulfa or trimethoprim exists.

Possible side effects
Skin rash, headache, stomach upset

3. Decongestants

**DRUG HELP**

1. Sudafed has a more rapid onset of effect and is shorter acting than Entex LA. It is a simple and effective decongestant, and may be used prior to any pressure changes (such as EVA) after consultation with Surgeon. Sudafed’s main possible side effects are rapid heart rate and “jitteriness.”

2. Entex LA contains a decongestant and a medication to loosen secretions. Entex LA is longer acting and milder, and is a good choice for mild but persistent symptoms. Entex LA’s main possible side effects include restlessness and nervousness.

AMP
*Sudafed (Pseudoephedrine) (P1-B16)

Dose: 1-2 tablets every 6 hours as needed

AMP
Entex LA (Phenylpropanolamine/Guaifenesin) (P1-B14,15)

Dose: 1 tablet every 12 hours as needed

Possible side effects
Insomnia, restlessness, headache, nausea
4. Pain Medications

<table>
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</tr>
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<tbody>
<tr>
<td>1. Ascriptin (buffered aspirin) is an anti-inflammatory and analgesic agent. It may cause mild upset stomach and should be avoided if there is allergy to aspirin.</td>
</tr>
<tr>
<td>2. Tylenol is analgesic but not anti-inflammatory and does not cause upset stomach or other serious side effects. Tylenol works as well as Ascriptin.</td>
</tr>
<tr>
<td>3. Ascriptin and Tylenol also reduce fever.</td>
</tr>
</tbody>
</table>

**AMP Ascriptin (Aspirin) (P1-B1,2) - Pain reliever, anti-inflammatory**

Dose: 1-2 tablets every 6 hours as needed

**NOTE**
Do not use in patients with asthma, history of aspirin allergy, GI, or other bleeding problems. Possible side effects include upset stomach and ringing in ears.

**AMP Tylenol (Acetaminophen) (P1-A1,2,3) - Aspirin-free pain reliever**

Dose: 1-2 tablets every 6 hours as needed
**EAR PROBLEMS**

**EAR CANAL INFECTION: EXTERNAL OTITIS**

**Symptoms**
Pain in affected ear

**Signs**
Redness on surface of ear canal
Pus in external ear canal
Swelling
Tenderness when pulling on external ear

**WARNING**
Do not use ear drops or Pope otowick if ruptured eardrum is seen or suspected.

**AMP Diagnosis**
(Blue) Examine ear with Otoscope (Physical Exam-9), and Speculum (Physical Exam-3).

**Treatment**
1. Insert Pope Otowick (P3-B1) in affected ear canal with Forceps (Surgical Supply-2).
2. Saturate Pope Otowick with Cortisporin Ophthalmic (for eyes or ears) Solution (P2-A2) until fully expanded in ear canal. Repeat saturation 4 times/day.
3. Pain Medications

**DRUG HELP**

| 1. Ascriptin (buffered aspirin) is an anti-inflammatory and analgesic agent. It may cause mild upset stomach and should be avoided if there is allergy to aspirin. |
| 2. Tylenol is analgesic but not anti-inflammatory and does not cause upset stomach or other serious side effects. Tylenol works as well as Ascriptin. |
| 3. Ascriptin and Tylenol also reduce fever. |

**AMP**
Ascriptin (Aspirin) (P1-B1,2) - Pain reliever, anti-inflammatory
Dose: 1-2 tablets every 6 hours as needed

NOTE
Do not use in patients with asthma, history of aspirin allergy, or GI or other bleeding problems. Possible side effects include upset stomach and ringing in ears.

AMP Tylenol (Acetaminophen) (P1-A1,2,3) - Aspirin-free pain reliever
Dose: 1-2 tablets every 6 hours as needed
**EAR/SINUS BLOCK**

**NOTE**
Symptoms may occur during recompression from EVA.

**Symptoms**
- Ear pain
- Inability to clear middle ear
- Loss of hearing acuity
- Sinus and facial pain

**Management**
1. Stop recompression, gently attempt equalization of pressure in middle ear.
2. If unsuccessful or sinus pain present, depressurize airlock until symptoms relieved (if possible), then slowly recompress.
3. If pain persists after complete recompression, examine ear with Otoscope (Physical Exam-9).
4. Use Afrin Nasal Spray (P2-B1) - Long-acting topical nasal decongestant
   - **Dose:** 1-2 sprays in each nostril
   - **Possible side effects**
     - Burning, stinging, sneezing, or increased nasal discharge
     - Usage more frequently than directed can produce chronic nasal congestion.
5. Contact Surgeon and report exam findings.