

## EAR PROBLEMS

(ISS MED/3A - ALL/FIN)

Page 1 of 8 pages

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### 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  
(blue) 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)

## EAR PROBLEMS

(ISS MED/3A - ALL/FIN)

Page 2 of 8 pages

(blue)

Dose: 1-2 tablets every 6 hours as needed

AMP

(blue)

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

Dose: 1 tablet every 12 hours as needed

Possible side effects

Insomnia, restlessness, headache, nausea

AMP

(blue)

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.

## EAR PROBLEMS

(ISS MED/3A - ALL/FIN)

Page 3 of 8 pages

### 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

#### **DRUG HELP**

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.

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

## EAR PROBLEMS

(ISS MED/3A - ALL/FIN)

Page 4 of 8 pages

AMP  
(blue)                      Bactrim DS (Trimethoprim/Sulfamethoxazole) (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  
(blue)                      Sudafed (Pseudoephedrine) (P1-B16)

Dose: 1-2 tablets every 6 hours as needed

AMP  
(blue)                      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

<b>DRUG HELP</b>
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  
(blue)

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

Dose: 1-2 tablets every 6 hours as needed

<b>NOTE</b>
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  
(blue)

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

Dose: 1-2 tablets every 6 hours as needed

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

Treatment

- AMP (blue)
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

## EAR PROBLEMS

(ISS MED/3A - ALL/FIN)

Page 7 of 8 pages

(blue)

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  
(blue)

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  
AMP (blue) Otoscope (Physical Exam-9).
4. Use Afrin Nasal Spray (P2-B1) - Long-acting topical nasal decongestant  
AMP (blue)  
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.