# **Labyrinthitis**

#### What is it?

- **Labyrinthitis** an ear disorder that involves swelling and irritation of the inner ear, difficulty focusing the eyes because of involuntary eye/vertigo
  - Prognosis- severe symptoms usually go away in a week, completely better in 2 to 3 months, in older patients the dizziness usually lasts, hearing usually returns to normal

# **Signs and Symptoms:**

• **Symptoms**- nausea, vomiting, ringing in the ears/tinnitus, loss of balance, hearing loss in one ear, abnormal sensation of movement/vertigo, difficulty focusing the eyes because of involuntary eye movements, dizziness, back pain, neck pain, ear pain, fatigue, headache, inflammation

### **Recommendations:**

- Always- be still and rest when symptoms occur, gradually resume activity
- **Avoid** bright lights, sudden changes

#### Facts:

- Caused by- an ear infection, upper respiratory infection or allergy cholesteatoma, taking medications that are dangerous to the inner ear.
- Increase your Risk for Labyrinthitis- fatigue, history of allergies, smoking, stress, drinking large amounts of alcohol, recent ear infection as well as viral and respiratory; aspirin or nonprescription medications

## What can I do?

- See your Health Care Provider- if severe vomiting, dizziness, vertigo, double vision, weakness, paralysis, slurring of speech, convulsions, fainting, fever higher than 101°F
  - Medications- antihistamines, sedative-hypnotics/Valium,
    compazine/to control nausea & vomiting, corticosteroids/prednisone
  - Tests and Diagnosis- EEG, Head/CT Scan, electronystagmography, evoked auditory potential studies, hearing tests
    (audiology/audiometry), MRI of the head, warming and cooling the inner ear with water to test the eye reflexes