

Otalgia- Ear Pain

What is it?

- **Ear Pain** – may be in the inner, middle or outer ear, mild or severe pain, may be caused by an infection, trauma or blockage of the ear
- **Causes of Ear Pain**- trauma to the ear as using cotton swabs, change in pressure blockage related to earwax or a foreign object, swimmer's ear. Infection in the inner ear, a bacterial infection to the bone behind the ear, ruptured eardrum, allergic reaction, tooth abscess, sinusitis, sore throat, tumors of the ears disorder of the inner ear/Meniere's disease, TMJ/temporomandibular joint syndrome



Signs and Symptoms:

- **Ear Pain**- pain, ringing in the ears, fever, vomiting, headache, itching, pain in the jaw or sinuses, drainage hearing impairment, dizziness, vertigo,
 - **Check out**- medications, herbals, medical problems

Recommendations:

- **Treatment**- eardrops, heat, antibiotics, surgery; if cancer- surgery, chemotherapy, radiation with side effects of bleeding, infection and allergic reactions

Facts:

- **Risk to Others**- only if strep throat, otherwise not contagious
- **Long-Term Effects**- usually none but may require surgery and medications for a long time

What can I do?

- **See your Health Care Provider**- for more information
 - **Diagnosis and Tests**- look at the ear with an otoscope, may do a hearing test based on medical history and exam, blood tests may be ordered if an infection, blood cultures, x-rays, cranial CT scans
 - **Prevention**- avoid trauma and loud noises, seek early care for upper respiratory infections, if swimming wear ear plug, do not use cotton swabs in the ear

