



**Call your healthcare provider or go to your nearest Emergency Department if you have any of the following:**

- worsening problems
- signs of infection, such as fever of 38°C or higher, chills or sweats

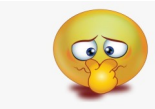


- pain that does not go away with the medicine



- bloody discharge, or discharge that smells bad

- swelling of the ear or surrounding tissues



- problems hearing, ringing in your ear or hearing loss

- if you feel lightheaded, experience dizziness

- symptoms of vertigo (spinning or motion)

**For 24 hour professional health advice and information, call:**

**HealthLine 811**  
HEALTHLINEONLINE.CA +++

### What Should I Do When I Get Home?

- If you have ear pain, try a heating pad on your ear for 20 minutes at a time. Put a towel between your ear and the compress.
- If you notice fluid leaking from your ear:
  - Place a cotton ball into the outer ear.
  - Change it every few hours.
- Do not insert cotton-tipped swabs or other objects in your ear. It can cause injury, irritation or infection. It can push wax further into our ear canal.
- Keep water out of your ear when showering. A cotton ball lightly coated with petroleum jelly may help. Place it in the outer ear.
- Do not swim until your doctor says it is okay.

### Medications

- If you have pain, pain medicine may help.
- Your healthcare provider may order medicine to soften wax or help with cleaning. Take your medicine as advised.
- Be aware of the side effects of your medicine.
- Tell your doctor if you have any side effects.
- Medicines can be harmful when mixed.
- Talk to your doctor or pharmacist if you are taking more than one medication. This includes over the counter products and supplements.

### What can be done to prevent this health problem?

- Clean your ear with a warm soapy wash cloth.
- Only wash the outer ear.
- Be careful when using ear buds as they can push ear wax farther into the ear.
- Dry your ears well after swimming.
- Do not use ear candles.

**Call your doctor or nurse practitioner if you have any questions or are having any other problems.**

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