

Ear Drops

Supplies Needed:

- Medicine (ear drops)
- Cotton balls
- If needed: Ear dropper or small syringe

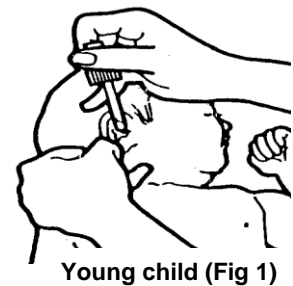
Before giving the medicine

- Check the label each time. Be sure you use the right number of drops for your child's ear.
- Do not give your child cold eardrops as it may cause pain or dizziness. If the drops are cold, try rolling the bottle between your hands for a few minutes. This should help warm the medicine.
- Wash your hands with warm water and soap. Set out the clean cotton balls.
- Tell your child what you will be doing. Reassure them while putting the eardrops in.

Giving the medicine

Do not let anyone else use this medicine.

1. Have your child lie on their side.
2. If your child is three years old or younger, gently pull the earlobe down a little and straight back (Fig 1). If your child is older than 3 years, gently pull the ear up and back (Fig 2).
3. Put the end of the dropper just above the ear opening and drop in the right number of drops. Do **not** put the dropper in the ear canal. Try not to touch the dropper to the skin of the ear.
4. Gently massage (rub) the fleshy part in front of the ear called the tragus (Fig 3). This helps the medicine to move into the ear.
5. Put a clean cotton ball over the opening of the ear. Keep your child lying on their side with that ear up for 1 minutes to keep the drops in the ear. Remove and throw the cotton ball away when your child gets up.
6. Repeat this for the other ear if it needs drops.



Young child (Fig 1)



Older child (Fig 2)



Tragus
(Fig 3)

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.