

Ear Drops

Ciprodex

Use for: ear infection, ear drainage, swimmer's ear, or infection with an ear tube.

What it does: Ciprodex has an antibiotic and a steroid. It helps kill bacteria and lower swelling.

How to use: Follow the dose and number of days on your prescription. Finish the course, even if your ear feels better. Wash your hands. Warm the bottle in your hands for 1–2 minutes, then shake well. Keep the bottle tip clean. Lie with the sore ear facing up and add the drops. For an ear tube, gently press the small flap in front of the ear opening 5 times. For an outer ear infection, gently pull the ear up and back. Keep the ear facing up for at least 1 minute.

While treating an ear infection: Keep the ear dry. Avoid swimming unless your doctor says it is okay. Once the infection clears, an ear tube alone does not usually mean you need ear plugs or must avoid swimming. Follow your doctor's advice if water causes pain or drainage.

DermOtic

Use for: ear canal eczema (itchy, dry or flaky skin).

What it does: DermOtic is a steroid oil. It calms skin irritation. Use it for the number of days your doctor tells you. If it is not helping within 2 weeks, or gets worse, contact the clinic. Do not keep using it without advice. Tell your pharmacist about any allergies, including peanut allergy, and ask them to check the ingredients in your bottle.

Do not use it for: ear infection, pus, new drainage, or severe pain unless your doctor told you to.

Olive Oil/Baby Oil Drops

Use for: softening hard earwax.

How to use: Put a few drops in the ear as directed. Let it sit for a few minutes, then let it drain out. Good to do at bedtime.

Do not use olive oil or baby oil if you have ear tubes, a hole in the eardrum, ear drainage, an infection, or recent ear surgery unless your doctor says it is safe.

Keeping Your Ears Dry

Keep ears dry when:

- you have an active ear infection
- you are using Ciprodex
- water causes ear pain or drainage
- your doctor told you to use ear plugs

Do not put Q-tips, bobby pins, ear candles, or ear cameras deep into the ear.

Call the clinic or seek medical care if you have:

- worsening pain
- swelling of the ear
- fever
- rash or allergy symptoms
- dizziness
- new hearing loss
- drainage that is not improving