



Swimmer's Ear (Otitis Externa)

Swimmer's ear is an infection in the ear canal (the outer portion of the ear.) Excess water in the canal can lead to swimmer's ear because the moisture encourages bacterial growth. Use of cotton swabs can also lead to swimmer's ear because they can damage the lining of the ear canal. Swimmer's ear is characterized by pain when the outer ear is touched. Some children will complain of ear pain when lying on the affected side or when a parent removes a tight fitting shirt which puts pressure on the ear.

If you believe your child has swimmer's ear, it is best to schedule an office visit. Most often swimmer's ear is treated with antibiotic ear drops.

If your child is prone to swimmer's ear, you may wish to take measures to try to prevent it. Mix equal parts of rubbing alcohol and white vinegar together. Using a medicine dropper (which can be purchased at the drug store) place 3-4 drops in each ear after your child is done swimming for the day. This helps to prevent the growth of bacteria in the ear canal. It is best to avoid using cotton swabs.

If you have any questions, do not hesitate to call our office. Call our office at 315-699-9595.