



EAR PAIN

Ear pain (otalgia) is a common complaint in children. It is important for the cause of ear pain to be uncovered, because this symptom can be due to many conditions ranging from mild to very serious.

Pain presenting in the ear can have a direct cause or be due to referred pain from another area that radiates to the ear. Some of the more common direct causes of ear pain include:

- ▶ Middle-ear infections
- ▶ Swimmer's ear (outer-ear infection)
- ▶ Wax impaction
- ▶ Pressure, often from flying
- ▶ Trauma to the ear canal
- ▶ A foreign object lodged in the ear canal

Indirect causes include:

- ▶ Tonsillitis or pharyngitis
- ▶ Dental problems
- ▶ TMJ disorder
- ▶ Sinus problems

Treatment for ear pain depends on the cause. If a child presents to you with ear pain, first obtain a history and then look in the ear canals and the throat. If the ear drums appear red, the ear canals appear mildly swollen, or the tonsils appear red and swollen, the parents should be instructed to bring their child to their pediatrician (especially in the setting of a fever).

If severe ear canal swelling, bleeding from the ear, purulent drainage from the ear, or a foreign body in the ear is seen, the patient should be urgently referred to an Ear, Nose, and Throat physician. Also, for any child having ear pain that is associated with tinnitus, vertigo, facial weakness, or sudden loss of hearing, an immediate consultation with an Ear, Nose, and Throat physician is warranted.

With Summer camps back in full swing, campers with nosebleeds, ear pain, and food allergies will seek your advice. ENT and Allergy Associates would like to help you care for these campers by providing helpful information about these common disorders in this handout. If you need further assistance, please feel free to contact us. Have a healthy Summer!

*Sincerely,
The Physicians of ENT and Allergy Associates*

Call us today. See us today! 1-855-ENTA-DOC