

EAR CLEANING CLINIC

Microsuction Ear wax removal



Otitis Externa (Ear Infection) Information Guide

Q: What is Otitis Externa and what causes it?

- Otitis Externa is diagnosed when the ear canal is either blocked, itchy, painful, swollen, or making some form of discharge
- Otitis Externa is caused by bacteria or fungus

Q: Are there any leading factors that influence the development of Otitis Externa?

- Developing an excessive amount of ear wax
- Having narrow ear canals
- Frequently getting water in your ears
- Eczema or Psoriasis
- Having a history of Otitis Externa
- Placing foreign objects in your ears such as cotton buds, or your fingers. These can cause scratches, allowing for bugs and bacteria to inflame the ear canal

Q: What should I do if I think I have Otitis Externa?

- Have a Nurse qualified in the micro-suction procedure perform micro-suctioning on your ears
- Visit your local GP to determine if you need any of the following; antibiotic or antifungal eardrops, oral antibiotics, pain killers, or an ear swab for culture of bacteria (we also perform swabs at the clinic for \$22 QML will bill you separately)

Q: How will having my ears micro-suctioned help when experiencing Otitis Externa?

- It will clear out any debris
- It will clear the ear canal to allow drops to enter it
- It will relieve any irritation and feeling blocked
- It will improve your overall hearing
- It can help to prevent a re-occurring infection

Q: Is it important to Keep Water Out of my Ears?

- It is vital that you keep water out of your ears you can do this by;
 - Placing ear plugs into your ear canals to avoid water entering them for 2 weeks
 - During the infection and for 1 week after it has cleared, you should refrain from any water sports such as diving, swimming or surfing etc.
 - Keep the ears dry by using a hairdryer on low 30cm away from the ear for a few seconds, twice daily

Q: Is there anything else that I Should be Aware of?

- Bacterial and especially fungal infections grow rapidly in hot, humid weather (such as Queensland) therefore to remove a fungal infection, your ears may need clearing 2 – 3 times along with medicated drops.

If none of the above suggestions solve any of the issues you are facing, please contact your hearing healthcare professional as soon as possible – The Ear Cleaning Clinic also provides a free ear check, our details are as listed below:



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Ear Cleaning Clinic



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