

Taking Care of Your Infected Ear

You have been diagnosed with an infection of your ear. The doctor would have cleaned your ear and prescribed you with antibiotic eardrops.

The following information aims to help you take care of your ear as the infection is being treated. It would also help to prevent future infection. You do not need any oral antibiotics most of the time. Your doctor may decide to prescribe oral antibiotics if you have underlying medical conditions such as diabetes.



Do not pick your ear with cotton buds/ tips. This would trigger or aggravate an infection and push any dirt or wax deeper into the ear.

Plug your ear with cotton wool (SOAKED IN VASELINE) when you shower or wash your hair (see picture) or put on a shower cap to cover your ear. Normal ear plugs are less effective. Clean your ears with a wet towel after shower without letting water gets into the ear canal.

Avoid swimming / diving until the infection clears. If you really have to, you should plug your ears with cotton wool and wear a swimming cap over your ears.

If water gets into your ear despite the precautions you have done, dry your ears with tissue paper without picking your ear.

Use the eardrops as prescribed. Do not apply the drops immediately if you have refrigerated it. It can make you dizzy.

It is normal to have a stinging sensation with the first few drops. Contact your doctor if you have the following when using the drops:

- Bleeding
- Dizziness
- Severe pain

You will be advised whether you require another ear cleaning or return for review by your doctor.

For further information, please call WH Contact Centre at 6363 3000.

Contributed by ENT & Nursing

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of June 2024 and subject to revision without prior notice.



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