



EAR DISCHARGE- HOW TO PREVENT?



*Department of Prevention of
Communication Disorders (POCD)*

**ALL INDIA INSTITUTE OF
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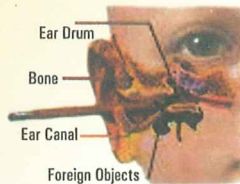
What is ear discharge?

Any drainage / leakage of blood, pus, or fluid from the ear is called as ear discharge.

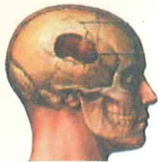


What are the causes for ear discharge?

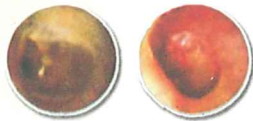
- ❖ Injury to the ear canal or ear drum by self or due to any trauma.
- ❖ Putting foreign objects such as sharp edged objects and/or rubber, rice, stones etc... into the ear canal.



- ❖ Injury to the brain and/or Head (skull fracture).



- ❖ Infections of the Outer or Middle Ear.



- ❖ Viral infections causing damage to the brain (Brain fever/Meningitis, Encephalitis etc).



Fungal Infection Chronic Infection Tumor of the ear canal

- ❖ Repeated history of throat infections.



- ❖ Swimming in dirty water.



- ❖ Travel by flight/ Diving.



- ❖ Faulty breast feeding techniques.

- ❖ Presence of cleft in the palate (repaired / unrepaired).



- ❖ Slap on the ear/check.



When to contact a Medical Professional?

- ❖ If you see the following signs, seek immediate medical attention by an Otorhinolaryngologist (ENT) & also an Audiologist.
- ❖ There is severe pain in the ear
- ❖ Any ear discharge (with or without pain) lasting for more than 5 days.
- ❖ The ear is foul smelling.
- ❖ The ear discharge is associated with other symptoms, such as fever or headache or giddiness.

- ❖ The ear discharge is white, yellow, clear, or bloody.
- ❖ There is discharge in the ear after head injury.
- ❖ There is loss of hearing or poor tolerance for sounds.
- ❖ Difficulty in understanding speech of others.
- ❖ Chewing food is painful or uncomfortable.

What are the serious consequences of ear discharge, if left untreated?

Complications are usually seen in later stages of ear discharge, if it is not attended by Otorhinolaryngologists / Medical Specialists:

Tear in Tympanic Membrane (Eardrum)



- ❖ Tear/ Hole in the ear drum.
- ❖ Collection of pus in the brain (Brain abscess) causing headaches, vomiting, drowsiness, confusion, impaired consciousness or paralysis.
- ❖ Infection of the balancing organ (semi circular canals) within the ear (Labyrinthitis) causing nausea, vomiting, dizziness and also hearing loss.
- ❖ Limited/restricted movement of one side of the face (Facial paralysis).
- ❖ Double vision
- ❖ Pus collection behind the ears (Mastoid abscess) - pain and swelling behind the ear.



How is ear discharge treated?

- ❖ Maintain cleanliness of ears as per the advice of the doctor (use cotton tipped applications).
- ❖ Take medicines as prescribed by the Specialist.
- ❖ Surgery of the ear is indicated in certain situations by an ENT doctor when there is:
 - ❖ Emergency situations
 - ❖ Repeated history of discharge from ear.
 - ❖ Poor hearing ability.



Tear in Tympanic Membrane (Eardrum)

Graft patch in place over defect

After



How to prevent ear discharge?

Certain preventive measures as follows can be taken to avoid repeated occurrence of ear discharge:

- ❖ Keep your ears dry and clean.
- ❖ Avoid injuries to the ears.
- ❖ Place cotton wool coated in vaseline in the ears while taking bath.



- ❖ Use silicone ear plugs while swimming.

- ❖ Avoid scratching & poking with sharp objects in the ears.



To be safe, never put anything in the ear which is smaller than the tip of your little finger.

- ❖ Avoid pouring oil and other liquids or putting garlic flakes into the ears.



- ❖ Do not neglect ear pain or any fluid discharge coming from ears.



Contact for further details and information

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Working Hours: 9.00 a.m. to 5.30 p.m.

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