Ear drops are medications put in the ear to treat a problem. Your child’s doctor will decide which medications(s) to use and how to use them.

**How to Use Ear Drops:**

1. Wash your hands well with soap and water for 15 seconds.
2. Explain to your child what you are going to do.
3. If your child’s ear has drainage, clean the outer ear with a clean tissue or rolled up napkin or paper towel.
4. Read the label on the medicine bottle for directions:
   - How many drops to give
   - In which ear(s) to give
5. Warm the medicine (lid tightly closed) by rubbing the bottle between your hands for a few minutes or placing the bottle in warm (NOT HOT) water.
6. Have your child lie down on his side.
7. For medicine with droppers: Fill the dropper by squeezing the bulb and releasing. Carefully remove the dropper from the medicine bottle. The dropper should not touch anything but the inside of the bottle.
8. You will need to straighten your child’s ear canal before giving the ear drops.
   - **If your child is 3 years old or younger:**
     Pull the outer middle part of ear down and toward the back of the head.
   - **If your child is 4 years old or older:**
     Pull the outer middle part of ear up and toward the back of the head.
9. Place the medicine dropper or bottle above (not touching) your child’s ear canal. Gently squeeze once to release one drop. Squeeze the dropper to release the right number of drops into your child’s ear.
10. Keep your child lying on his side with his ear up for at least one minute.
11. Gently rub the skin in front of the ear. This helps the medicine flow to the inside of the ear.
12. Place a cotton ball at the ear canal opening if instructed by your child’s doctor. Do not push the cotton ball down into the ear canal.
13. Wipe off medicine that may have spilled on the outer ear or onto your child’s face.
14. Repeat in the other ear if instructed to give medicine in both ears.
15. Wash your hands again for 15 seconds.
Call your child’s doctor or the Children’s Mercy Hospital Information Line at (816) 234-3188 if:

- Your child’s ear begins to drain any fluid other than medicine.
- Your child complains of new ear pain.
- Your child’s ear problem is not better within 2 days or becomes worse.

Remember:

- Do not use your child’s ear drops for any other person.
- Throw the bottle away when it has passed its expiration date or 1 year after opening.
- Store ear medicine away from heat and direct light.