**Step 3**
Use ear drops properly, if prescribed

1. Clean out the ear canal by dry mopping.
2. Keep the ear facing upwards.
3. Gently pull the earlobe backwards and upwards (backwards and downwards in case of young children).
4. Drop 2 or 3 ear drops into the ear canal.
5. Move the pinna to make sure the ear drops go in.
6. Put in 2 or 3 more ear drops.
7. Push the tragus a few times.
8. Keep the ear facing upwards for 5 minutes.
9. Wipe off any excess ear drops.

**Remember**

- Use ear drops properly, if prescribed.

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WHO/UCN/NCD/SDR 23.3
https://www.who.int/health-topics/hearing-loss#tab=tab_1
Ear discharge can be caused by infection which is

What causes ear discharge?

Hearing loss
- Hole in the ear drum
- Swelling behind the ear
- Infection in the brain
- Paralysis of the face
- Dizziness

Ear infections can be serious and if untreated can lead to:

- Hearing loss
- Hole in the ear drum
- Swelling behind the ear
- Infection in the brain
- Paralysis of the face
- Dizziness

Can ear infection be treated?

Yes. Ear infections can be treated with medicines or surgery.

Is ear infection serious?

How should I care for a discharging ear?

Seek and follow the advice of a health worker or doctor

Care for a discharging ear by following three steps

Step 1
Protect the ear from water when bathing/showering

Soak a piece of cotton with oil

Squeeze

Plug it into the ear canal
Don’t push it deep inside

Remove after bathing/showering

Step 2
Clean the ear with a wick

Take a piece of soft, strong tissue paper

Roll it into a pointed shape

Gently pull the pinna away from the head

Place the wick into the ear canal

Leave it in for a minute to absorb any discharge

Remove the wet wick and inspect it

If there is discharge on it replace with a clean wick

Step 3

Repeat until the wick stays dry

Remember