

What to know and when to get help

The pain of an earache is usually caused by inflammation and swelling of one or more parts of the ear, such as the ear canal, eardrum or middle ear. Please reference the guidelines below to track the severity of your condition.



Manage your symptoms by:

- Taking over-the-counter pain relievers and decongestants
- Applying a warm compress to ear
- Avoiding swimming



Contact your doctor if you have:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- No improvement after 3 days of treatment
- Fever, sore throat or ear drainage
- Hearing loss
- Redness, swelling



Go to the ER or dial 911 if you have:

- Severe ear pain that does not respond to prescribed pain medication
- Swelling, pain, redness on one side of your face
- Earache, stiff neck and fever

*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.