

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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What is the difference between swimmer's ear, an ear infection and ear wax build-up??



#1. Determine where the ear pain is located. With swimmer's ear, the pain is typically located in the outer ear canal or near the opening and increases when you pull down on the earlobe. In a middle ear infection, pain is located in the inner ear, near the ear drum and often increases when lying down.

#2. Look for visible symptoms. With swimmer's ear, the outer ear may appear red and swollen. Symptoms for an inner ear infection may include Fever, pulling or tugging on ear, diarrhea or vomiting.

#3. Ear wax build up can be caused by multiple things. Including: use of hearing aids, a lot of ear hair, certain skin conditions like eczema, using cotton swabs in the ear, and being over the age of 65. Symptoms include: A feeling of fullness in your ear, hearing loss, ringing in the ear, itchiness in the ear, dizziness and discharge or odor coming from the ear.

Treatment for swimmer's ear typically includes using a steroid drop to reduce swelling and pain, antibiotics to help fight off any bacteria that might be present and antifungal drops if the symptoms are caused by a fungus.

Treatment for ear wax removal involves using OTC Debrox liquid to fill the ear canal and flushing with warm water using a bulb syringe.

Treatment for an ear infection includes pain relievers such as Tylenol or Motrin, antibiotics if the infection is bacterial, steroids for pain due to inflammation.

At Pequot Health Care, we are dedicated to maintaining your good health!

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