

## Don't Let **Swimmer's Ear** Dampen Summer Fun

Whether you're at the lake or a local pool, swimming is an exciting part of summer. But if your child ends up with swimmer's ear, it can lead to discomfort and pain.

Also known as otitis externa, swimmer's ear is an inflammation or infection of the external ear canal. It is often the result of water left in the ear after swimming, which creates a moist environment that facilitates bacterial or fungal growth. Symptoms include ear pain, itching, redness, swelling and drainage of clear or pus-filled fluid.

### ***How Can I Help My Child Avoid Swimmer's Ear?***

Generally speaking, symptoms associated with each condition are as follows:

- 1. Educate on Ear Drying Techniques:** Teach children to tilt their heads and gently pull on the earlobe after swimming to encourage water to drain out.
- 2. Use Protective Earplugs:** Invest in swimming-specific earplugs that can prevent water from entering the ear canal.
- 3. Dry Ears After Swimming:** Use a towel to gently dry the outer ear, or use a hair dryer on a low, cool setting to evaporate trapped moisture safely.
- 4. Consider Preventative Eardrops:** For children without ear tubes or perforations, over-the-counter eardrops can help dry the ear and prevent infection.
- 5. Limit Water Exposure:** Keep swim sessions short and allow time for ears to dry thoroughly between swims, especially in bacteria-prone waters.
- 6. Avoid Foreign Objects in Ears:** Teach children not to insert fingers or objects into their ears to prevent scratches that could lead to infection.

If your child suffers from frequent ear infections, Carolina ENT can help.  
Call our team at (828) 322-2183 to schedule a consultation.



# Back-to-School Checklist for ENT Patients

As summer winds down and the school year approaches, students with ENT conditions may need special considerations to ensure a smooth transition back to the classroom. From managing allergies and ear infections to safeguarding against common colds, here are steps you can take to support your child's health and wellness throughout the academic year.

- 1. ENT Check-Up:** Schedule a routine check-up with your child's ENT specialist before school starts to ensure they're in good health and to address any ongoing issues.
- 2. Updated Medical Records:** Make sure your child's school has the most current records of their ENT health, including any allergies, medications or special instructions.
- 3. Medication Management:** If your child needs to take medication during school hours, arrange this with the school nurse and ensure your child knows how to responsibly manage their medication.
- 4. Allergy Management Plan:** If allergies affect your child's ENT health, prepare a plan with the school on how to manage symptoms and what actions to take in an emergency.
- 5. Hydration and Nutrition:** Pack water bottles and healthy snacks to keep your child hydrated and support overall ENT health. Avoid sending sugary drinks or snacks, which can exacerbate ENT conditions.
- 6. Personal Hygiene Supplies:** Equip your child with their own personal hygiene items, such as tissues or a small towel, to promote cleanliness and reduce the spread of germs.
- 7. Emergency Contact Information:** Ensure your child's school has a list of emergency contact information, including the ENT specialist's contact details.
- 8. Educational Material for Teachers:** Provide teachers with brief, informative material about your child's specific ENT conditions to better accommodate their needs in the classroom.



**For more information or to schedule an appointment with a pediatric ENT specialist, call Carlina ENT at (828) 322-2183.**

# Summer Fun with Food Allergies

**Picnics, barbecues and outdoor festivities are beloved aspects of summer.**

For parents of children with food allergies, the season brings unique challenges, but the following tips will help make sure the condition doesn't interfere with your child's summer fun.

**Educate and Advocate:** Begin by educating your child about their food allergies in an age-appropriate manner. They should understand which foods are safe and which can be harmful. Equally important is teaching them how to advocate for themselves by asking about ingredients and politely declining foods that may cause an allergic reaction.

**Always Be Prepared:** No matter where your summer adventures take you, make sure your child's allergy medication, including epinephrine auto-injectors, is within easy reach. Also, consider investing in a medical alert bracelet for your child, which can communicate crucial information in emergencies.

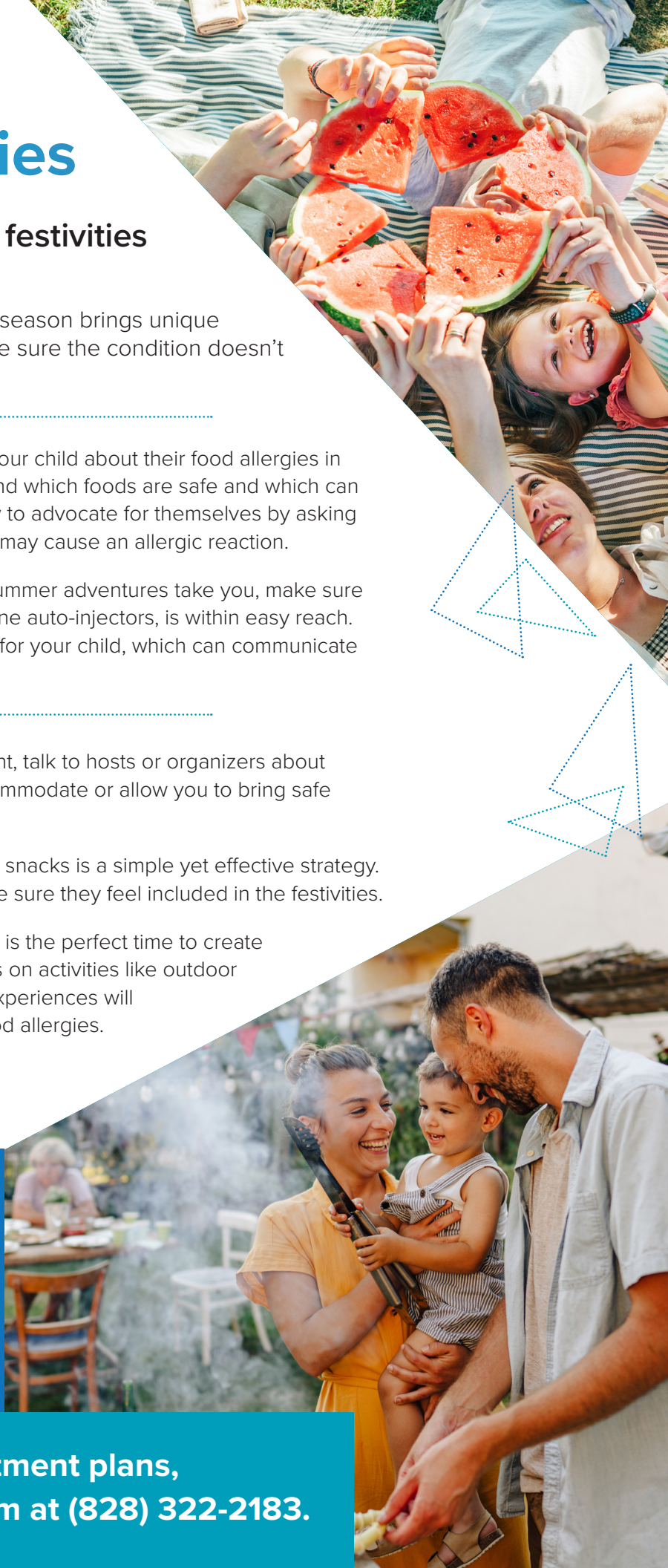
**Communicate with Hosts:** Ahead of any event, talk to hosts or organizers about your child's food allergies. Many are willing to accommodate or allow you to bring safe alternatives for your child.

**Safe Snack Solutions:** Packing allergy-friendly snacks is a simple yet effective strategy. Along with keeping your child safe, it can also make sure they feel included in the festivities.

**Create Allergy-friendly Traditions:** Summer is the perfect time to create new traditions that don't center around food. Focus on activities like outdoor movie nights, beach days or nature hikes. These experiences will enrich your child's summer without the worry of food allergies.

By taking proactive steps, you can help your child manage their food allergies and carve out a summer filled with joy, excitement and safety.

For personalized allergy treatment plans, contact the Carolina ENT team at (828) 322-2183.



# Entertain Your Child **Indoors** on High Pollen Count Days

On summer days, when the air is thick with pollen, it may be best to keep your child inside to avoid allergy flare-ups.

Fun, educational activities can transform a pollen-heavy day into an opportunity for imaginative learning and indoor adventures.

- **DIY Science Lab:** Set up a mini science lab and conduct safe, easy experiments like making slime or a vinegar and baking soda volcano to teach basic chemistry concepts.
- **Virtual Museum Tours:** Explore the world's top museums through virtual tours, offering an educational and cultural experience without leaving the house.
- **Indoor Treasure Hunt:** Create a treasure hunt with clues leading to different spots around your home.
- **Language Learning:** Start learning a new language together through apps or online courses, making use of interactive games and videos for a fun experience.
- **Yoga and Mindfulness:** Introduce children to yoga and mindfulness exercises to promote physical well-being and stress management through guided online sessions.
- **Craft a Mini Theater:** Write a script, make costumes from old clothes and build sets from cardboard boxes to put on a family play.
- **Board Game Marathon:** Rediscover classic board games or learn new ones. This can include educational games that promote strategic thinking and problem-solving skills.

If you're concerned about your child's allergies, Carolina ENT can create a customized treatment plan to help them thrive. Call (828) 322-2183 to schedule a consultation.

[www.carolinaearnosethroat.com](http://www.carolinaearnosethroat.com)

(828) 322-2183

### *Three convenient locations*

#### **Hickory**

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