

Lifelong Ear Partnership

Ear diary for dogs



We're all ears

Monitoring your dog's ears

This diary provides a simple and easy way to record how your dog's ears are doing. You can keep track of when you have cleaned or medicated the ears, when flare-ups have occurred and when and why you have been in contact with your vet team.

In most cases, there will be a primary factor which led to the current ear problem. It might be a quick fix like a grass seed in the ear canal or parasites living in the ear, but in many cases, allergic skin disease is the problem.

The primary problem might be further complicated by ear shape or perhaps a habit of frequent swimming.

Early intervention is beneficial. If you quickly get to terms with the actual cause of your dog's ear condition, you and your vet team will find a long-lasting solution that works for all parties. This might include regular use of an ear cleaner, or an anti-inflammatory ear drop.

First start by filling in your dog's details and then let us show you an example of how to fill in the diary.

**For more information about ear problems in dogs
visit www.ear-inflammation.co.uk.**



My dog's details

Name:

Breed:

Date of birth:

Sex:

male / female

Neutered:

yes / no

Vet practice:

Vet or nurse contact:

Phone or email address:

Home monitoring

A really nice thing about ears is that they are quite visual. You can detect any redness of the earflap, excessive wax or possible pus causing a bad smell from the ear canal.

Handling your dog's ears when they are not painful or itchy is very helpful to build trust. Practice ear handling by creating a nice, calm and confident environment to improve your bond and make future interactions smoother.

We suggest that you make a habit of monitoring your dog's ears every week, or second week if that makes sense after talking to your vet team. There might be times where you can extend the interval or may need to shorten it, depending on season and/or possible exposure to anything that is known to trigger ear inflammation in your dog.

When applying ear cleaners or medications at home, remember it is important to ensure products are recent and in date. Do not use old, expired products, or re-use any left over medications your dog was prescribed previously. If in doubt always speak to your vet. After using ear cleaners or ear medications wipe the outside of the nozzle clean using cotton wool or paper tissue before replacing the outer cap. This will remove any dirt or debris on the outer part of the nozzle and help avoid contamination.

The choice of product will differ depending on your dog's requirements. Your vet will advise you for best outcome. It is important to follow instructions, attend revisits and contact your vet if any unexpected reactions occur, or if no response to treatment is to be seen in reasonable time, to avoid painful chronic changes to your dog's ear as well as antimicrobial resistance.

Scan the QR code to watch a video on 'How to clean your dog's ear', recorded in a home environment.



The next two pages of this diary are here to guide you on how to record your findings. Please look at the example provided but remember it is most important to grade things in a consistent manner to make it easier to detect changes and trends.

Description of findings - Ear check list

Grade the following four things from 0 (normal) to 5 (extremely severe)

Degree of itch:

Grade 1 - Occasional scratching or head shaking that stops when distracted or being told to do so. Sleeps problem free throughout the night.

Grade 3 - Frequent scratching, rubbing or head shaking but stops when distracted. Wakes up during the night.

Grade 5 - Continuous scratching, rubbing or head shaking even if distracted including having problems sleeping at night.

Degree of pain:

Grade 1 - Very mild pain upon ear handling. General demeanor and behaviour not affected.

Grade 3 - Moderate pain with difficulties upon handling. Mild depression and effect on activity level and appetite.

Grade 5 - Extreme pain and resistance to any handling including putting on a collar. Vocal signs of pain even when not touched. Depression and severe effect on activity, appetite and sleep.

Degree of redness:

Grade 1 - Mild redness without any signs of swelling, erosions or ulcers

Grade 3 - Moderate redness with low degree of swelling but with no erosions or ulcers

Grade 5 - Severe redness with prominent swelling and possible erosions



Description of wax/debris:

Grade 1 - Small amount of waxy debris

Grade 3 - Moderate amount of predominantly waxy debris

Grade 5 - Large amount of debris, predominantly pus



This is an example of what a month in the diary could look like for an allergic dog, that needs a bit of extra ear attention to keep symptom free. Pogo's left ear is successfully managed with ear cleaning every other week but his right ear is somewhat more challenging. It needs ear cleaning twice weekly and a short period of steroid ear drops due to an inflammatory flare-up, prescribed at a visit to the vet.

Month: June

Ear check list Grade from 0 (normal) to 5 (extremely severe)

Week	Left Ear				Right Ear			
	Itch	Pain	Redness	Wax/debris	Itch	Pain	Redness	Wax/debris
1	0	0	0	0	1	0	1	1
2	0	0	0	1	1	0	1	2
3	0	0	0	0	2	1	2	1
4	0	0	0	1	1	0	1	0

Ear cleaning - Product: Product x

Week	Left Ear							Right Ear						
	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	-	-	-	-	-	-	-	-	x	-	-	-	-	-
2	-	x	-	-	-	-	-	-	x	-	x	-	-	x
3	-	-	-	-	-	-	-	-	x	-	x	-	-	x
4	-	x	-	-	-	-	-	-	x	-	-	x	-	-

Ear medication - Product: Medication x

Week	Left Ear							Right Ear						
	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2	-	-	-	-	-	-	-	-	-	-	-	-	-	-
3	-	-	-	-	-	-	-	-	x	x	x	x	x	x
4	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Next revisit planned: vet check-up that inflammation is under control 25th of June

Month: _____

Ear check list *Grade from 0 (normal) to 5 (extremely severe)*

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Week	Itch	Pain	Redness	Wax/debris	Itch	Pain	Redness	Wax/debris
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Ear cleaning - Product: _____

Left Ear								Right Ear						
Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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Ear medication - Product: _____

Left Ear								Right Ear						
Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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Next revisit planned: _____

Additional Notes:

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Next revisit planned: _____

Additional Notes:



Vet practice:

Phone or email address:

Lifelong Ear Partnership: Ear diary for dogs

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