Labyrinthitis (Inner Ear Inflammation)

Your exam shows you have an inner ear disturbance or labyrinthitis. The cause of this condition is not known. But it may be due to a virus infection. The symptoms of labyrinthitis include vertigo or dizziness made worse by motion, nausea and vomiting. The onset of labyrinthitis may be very sudden. It usually lasts for a few days and then clears up over 1-2 weeks.

The treatment of an inner ear disturbance includes bed rest and medications to reduce dizziness, nausea, and vomiting. You should stay away from alcohol, tranquilizers, caffeine, nicotine, or any medicine your doctor thinks may make your symptoms worse. Further testing may be needed to evaluate your hearing and balance system. **Please see your doctor or go to the emergency room right away if you have**:

- **Increasing vertigo, earache, loss of hearing, or ear drainage.**
- **Headache, blurred vision, trouble walking, fainting, or fever.**
- **Persistent vomiting, dehydration, or extreme weakness.**

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