

INSTRUCTIONS FOR IRRIGATION OF THE EAR

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Irrigation of the EAR with Vinegar

Your doctor wishes you to wash out the ear canal for treatment of your ear infection.

Precautions

On rare occasions treatments may cause itching, burning, or an increase in ear discharge. Should these symptoms develop after the first few applications of the solution, please stop using the solution and contact our office.

**DISCONTINUE ALL TREATMENT TO THE EAR 24 HOURS
BEFORE YOUR NEXT OFFICE VISIT.**

Do not allow soap or water to enter the ear canal. When showering or washing your hair, place cotton in the opening of the ear and cover the outside with Vaseline.

How to make the irrigation solution

Make a half-strength solution using one-half cup of white vinegar and one-half cup of saline.

Treatment Procedure

Use the vinegar and saline solution
Treat your ear two times a day
Wash out the ear with an ear syringe

Syringe Procedure

Purchase a 2 oz rubber ear syringe and a small kidney shaped basin from your pharmacist. Fill the syringe with half-strength solution that has been warmed to body temperature. **DO NOT USE HOT OR COLD SOLUTION**, body temperature only. Irrigate the ear canal using gentle pressure. Do not block the ear opening with the tip of the syringe. Repeat the procedure until the returning solution is clear.

SHOULD YOU HAVE ANY QUESTIONS, CALL OUR OFFICE.
Modified from Kwartler and Shelton, Office Treatment of the Draining Ear