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IRRIGATION OF THE EAR WITH VINEGAR

INSTRUCTIONS:

Your doctor has indicated that he wished you to irrigate the ear canal for treatment of your ear infection.

PRECAUTIONS:

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

**** Discontinue all treatment to the ear 24 hours prior to your office visit. ****

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

PREPARATIONS OF IRRIGATION SOLUTION

TREATMENT PROCEDURE:

Prepare a half-strength solution (half medication, half water) using one-half cup each of the solution and warm tap water.

SOLUTION:

- Use white vinegar
- Use Betadine (available from the pharmacy)
- Treat your ear _____ times a day
- Use eyedropper

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. Holding the kidney shaped basin firmly under ear, 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. *(mild dizziness may occur. This may be avoided by warming the solution to body temperature)*