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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 alcohol) 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*)



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OTTITIS EXTERNA (“SWIMMER’S EAR”)

INSTRUCTION SHEET

An infection of the ear canal (Otitis Externa) may be acute, sub-acute or chronic. It may be due to a skin condition (dandruff, exzema), an allergy (to foods, inhalants, fungus, cosmetics, or jewelry), an irritation (from middle ear drainage or use of a hearing aid), nervous tension (scratching of the ear), or swimming. In many cases a combination of these factors exists simultaneously. One problem may complicate or aggravate the other.

Regardless of the underlying cause, moisture and irritation (scratching) are usually responsible for keeping the problem active; both must be eliminated.

Under no circumstances should you allow water to enter the ear canal. When showering or washing the hair, place cotton or lab's wool in the outer opening of the ear and cover the outside of the material with Vaseline. *No swimming until the doctor permits.*

It is natural to scratch your ear if it itches. Unfortunately, this rubbing or scratching aggravates the skin condition greatly, regardless of the underlying cause. A so-called vicious circle of itch-scratch-itch occurs. Soon the ear opening and outer ear may become very sore. In most cases cleaning the ear with a Q-Tip is only an excuse to scratch it and you must not do this unless your doctor specifically recommends the use of a Q-Tip. Most treatments will be ineffective if you persist in scratching.

TREATMENT

1. Do not allow soap, water or peroxide to enter the ear canal.
2. Do not scratch or otherwise irritate your ear canal.
3. If you wear a hearing aid it is best that you leave it out of the involved ear as much as possible until the inflammation subsides.
4. Your doctor will recommend medication to help the skin condition and decrease the itching. These medications may include ointments, medicated ear drops, alcohol ear drops or vinegar swishes.
5. In certain cases allergy tests and injections may be indicated.



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SLEEP APNEA

Sleep apnea is a serious sleep disorder that occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times. This means the brain -- and the rest of the body -- may not get enough oxygen.

There are two types of sleep apnea:

- **Obstructive sleep apnea(OSA):** The more common of the two forms of apnea, it is caused by a blockage of the airway, usually when the soft tissue in the back of the throat collapses during sleep.
- **Central sleep apnea:** Unlike OSA, the airway is not blocked, but the brain fails to signal the muscles to breathe due to instability in the respiratory control center.

Am I at Risk for Sleep Apnea?

Sleep apnea can affect anyone at any age, even children. Risk factors for sleep apnea include:

- Being male
- Being overweight
- Being over age 40
- Having a large neck size (17 inches or greater in men and 16 inches or greater in women)
- Having large tonsils, a large tongue, or a small jaw bone
- Having a family history of sleep apnea
- Gastroesophageal reflux, or GERD
- Nasal obstruction due to a deviated septum, allergies, or sinus problems

What Are the Effects of Sleep Apnea?

If left untreated, sleep apnea can result in a growing number of health problems, including:

- High blood pressure
- Stroke
- Heart failure, irregular heart beats, and heart attacks
- Diabetes
- Depression
- Worsening of ADHD

In addition, untreated sleep apnea may be responsible for poor performance in everyday activities, such as at work and school, motor vehicle crashes, and academic underachievement in children and adolescents