



## **Instructions for irrigation of the ear with a diluted vinegar solution**

1. Mix up the solution with one-half white vinegar and one-half water. For irrigation of one ear you will need about 2 tablespoons of each, but you can pre-mix a larger quantity and store at room temperature.
2. Draw up the solution into a 10 cc syringe or a bulb syringe (infant nasal aspirator). Make sure the solution is warmed to body temperature by testing it on the inner surface of your wrist. If it is too cool or too warm, irrigation will produce temporary dizziness lasting about ½ minute.
3. Place the tip of the syringe at the entrance to the ear canal.
4. Gently irrigate the solution through the ear canal.
5. Repeat 2-3 times per ear.
6. Allow the ear canal to drain by tilting your head to that side.
7. Use after water exposure or at least 2-3 times per day.