

Instructions for drops or irrigation of the ear with diluted vinegar solution

Mix the solution using equal portions of white vinegar and water. You will only need a small amount for each ear, but you can pre-mix a larger quantity, and store it at room temperature.

For diluted vinegar solution drops:

1. Draw up the vinegar solution into a dropper and place the tip at the entrance to the ear canal.
2. Gently allow 3-4 drops fall into the ear canal.
3. Use this solution after you have had water exposure to your ear canals.

For diluted vinegar solution ear irrigation:

1. Draw up the vinegar 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 may produce temporary dizziness, usually lasting about 30 seconds.
2. Placed the tip of the syringe at the entrance to the ear canal.
3. Gently irrigate the solution through the ear canal.
4. Repeat 2-3 times per ear.
5. Allow the ear canal to drain by tilting your head to that side.
6. Use after water exposure, or at least 2-3 times per day, as directed by the physician.

Alternate solutions would be undiluted 100% white wine vinegar or rubbing alcohol.