

Ear Cleaning Handout

Otic Solution

1. Half cup water.
2. Half cup distilled white vinegar.
3. Half cup rubbing alcohol.
4. Crush 1 325mg aspirin.
5. Microwave for 2 minutes.
6. Let cool completely.
7. Keep in air-tight container.
8. Place in affected ear 1-2 times per week and/or after swimming.

Ear wax

1. Flush daily with hydrogen peroxide.
2. Let sit for 5 minutes to dissolve.
3. Follow with otic solution rinse.

Flaky or itchy ears

1. Selenium sulfide shampoo (1%) (aka Selsun Blue)
2. Place shampoo in and around ear canal.
3. Let shampoo sit for 15 minutes and rinse.
4. Do this 3 times per week.

Do not use Q-tips. Q-tips push the ear wax further into the canal, making it harder for it to come out.

Call the office if you have pain, redness, discharge. This may be a sign of infection. Do not use solutions in your ears if it is painful. Call the office, if you experience pain.