

CENTRAL OHIO EAR, NOSE AND THROAT, INC.

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VINEGAR AND WATER IRRIGATIONS

Ear infections can sometimes be prevented or treated using vinegar and water irrigations. Vinegar lowers the pH, which makes it hard for bacteria and fungi to grow. In addition, irrigations can help clean out wax, old skin or debris.

HOW TO IRRIGATE:

Start by mixing good quality white vinegar with an equal amount of warm tap or distilled water. Draw up the solution in a clean baby bulb or ear bulb. Lean over a sink to irrigate the ear. Make sure the mixture is close to body temperature because if it is too cold, it can make you very dizzy.

You can dry the ear gently with a hair dryer but make sure it is on a low cool setting.