

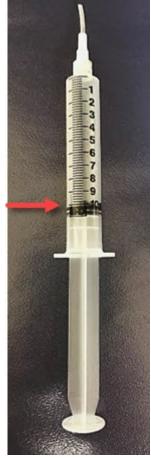
How to: Vinegar and Water Ear Rinse

How do I make the recipe?

- 1. Start with equal parts household white vinegar and tap or distilled water.
 - For example, one cup of white vinegar combined with one cup of distilled or tap water. **Do not** use well water.
- 2. Mix these together. Mix fresh each day.
- 3. The solution should be as close to body temperature as possible to avoid dizziness when rinsing.

What are the steps for irrigating the ear?

- 1. Fill a syringe with the solution to 10 ml by pulling the plunger back while the tip is in the fluid.
- 2. Position the ear:
 - For children 2 years old and under:
 - Pull ear down and back.
 - For children over 2 years old:
 - o Pull ear up and back.
- 3. Place the tip of the syringe with the filled angio catheter into the opening of the ear canal and **gently** press down on the plunger.
- 4. The solution will rinse into the canal and back out again. It is common to see mucus and crusty material in the solution that comes out of the canal.
- 5. If you are also using a prescription ear drop as part of your care; please wait 5-10 minutes; then place drops in ear as directed.



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