

Ear Care

- Do not put anything in the ears to remove water such as q-tips.
- Do not put anything in the ears to keep water out such as ear plugs, silly putty, cotton balls, or anything else. These items can irritate the ear canals and lead to increased problems. Instead, allow the water to run in and out again.
- Avoid second-hand cigarette smoke exposure.
- Avoid bottle propping or lying down while drinking a bottle.
- Avoid pacifier use.
- Frequent hand washing to decrease cold and germ exposure.
- Do not go to bed with a wet head. Use a hair dryer to dry the hair and the ear canal.
- Use drops of hydrogen peroxide in the ear to help remove wax and debris if needed.
- Use 2 or 3 drops of a home swimmers ear prevention every morning and evening after swimming. The home solution should consist of 1 part white vinegar with 3 parts rubbing alcohol.
- If antibiotics are prescribed, complete all the medication as directed, even though symptoms improve after 2-3 days.