

EAR DROPS--HOMEMADE

Mix white vinegar with rubbing alcohol (isopropyl alcohol) 50:50. You may place this in a dropper bottle that can be purchased at a pharmacy or drugstore. Fill the ear canal gently with the solution and then let it run out of the ear. You can use this once a day or several times a week to control ear wax. For those who are prone to "swimmers ear", use this in each ear after swimming or bathing.

Alternatively, if you cannot find a dropper bottle, then store the solution in a clean container. A makeshift dropper can be made with a small cotton ball: soak a cotton ball with the solution and squeeze the cotton ball to allow the drops to enter into the ear canal.

(May place a few drops of baby oil in the ears once a day as needed for ear itching with a dropper bottle. This helps relubricate the ear canals in patients with dry ears.)

Avoid placing Q-tips or other instruments into your ears.