



ARIZONA OTOLARYNGOLOGY CONSULTANTS

HEAD & NECK
SURGEONS

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ACETIC ACID WASH

To mix your own: Sterile water (boil water for 20 minutes)
White vinegar

Mix equal parts of the above ingredients

MIXTURE IS GOOD FOR 24 HOURS

How to use: Douche ear with mixture three times per day. Use a bulb syringe to irrigate the ear. A bulb syringe is available at any pharmacy.

Be sure to warm solution to body temperature not room temperature. You may warm it up in microwave or under hot running water. Test on your wrist the same as you would for a baby's formula, making sure it's not too hot or too cold.

Before irrigating ear, pull the ear straight up and straight back to allow the mixture to flow in and out.

If you have any questions about this procedure, do not hesitate to call the office and speak with the Medical Assistant.