Acetic Acid Wash

You will need: Sterile water (boil water for 20 minutes)
White vinegar
Bulp Syringe, available at any pharmacy

How to mix: Mix equal parts of sterile water and white vinegar
Be sure to warm solution to body’s temperature, not room temperature.
You may warm it up in the microwave or under hot running water. Test solution
on the inside of your wrist, making sure it’s not too hot or cold.
Mixture is good for 24 hours

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

How to use: Douche ear with mixture three times per day.
Use a bulb syringe to irrigate ear.
After washing ear, dry out with towel.
Wait 30 minutes then use antibiotic ear drops as directed.

If you have any questions or concerns about this procedure; Please do not hesitate to contact our office.