

THE SLIDELL EAR, NOSE & THROAT ASSOCIATES

A PROFESSIONAL MEDICAL CORPORATION
EAR, NOSE AND THROAT, HEAD AND NECK SURGERY
ALLERGY, FACIAL PLASTIC SURGERY

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EAR CLEANSING OR LAVAGE

This is a useful home remedy for patients who suffer from frequent external ear infections, itching or scaling ears or for frequent wax buildup.

***First purchase an over the counter preparation from your druggist called Domeboro powder or tablets.

***Use a clean container (quart jar for example) and make a solution of one pack of Domeboro (or one effervescent tablet) for every pint of water (2 packs per quart). Use warm water that approximates body temperature. Not all of the Domeboro will dissolve into solution.

***Use a water Pic or irrigation bulb to cleanse the ears with the Domeboro solution.

***Towel dry the ears and if water sensation persists, use a hand held hair dryer at a comfortable distance from the ear to "blow dry" any residual moisture. Do not use cotton tipped applicators to dry or cleanse the ears.

***Irrigation may be repeated as often as daily to rid the ear of dry skin, wax or drainage. The Domeboro solution needs to be gently reheated to warm approximate body temperature for repeat applications (this may be performed in a water or bath or the microwave). Always check the solution for the appropriate temperature prior to irrigating ears. Warmer or cooler than body temperature solutions applied to the ear may cause dizziness.

***If pain, dizziness, bleeding or discomfort occurs, stop irrigating. If ear pain, fullness, decreased hearing or drainage persists, return to see the doctor.