

AURAL IRRIGATIONS USING 50:50 WHITE VINEGAR AND RUBBING ALCOHOL



Please make sure that Dr. Jacob has **examined** your ears recently to confirm that it is **both appropriate & safe** for you to perform these irrigations at home.

Most patients perform irrigations **1-2 times per week**, but the frequency may vary based on each individual's needs.

Please do this while **sitting down** either on a shower chair (in your shower) or on the edge of your bathtub with your feet inside the tub.

- A temperature difference between your body and irrigation liquid in one ear can cause you to feel dizzy. That is a normal “caloric response.”
- Symptoms may last a minute or two. If you are not on a stable surface, you risk falling down.

PROCEDURE

1. In a small disposable cup, please mix 50:50 white kitchen vinegar with 70% isopropyl alcohol.
2. Draw up the mixture in a baby bulb syringe, placing the tip at the opening of the ear canal (**without fully blocking the opening**).
3. Lean your head forward.
4. Initiate gentle squirts where the bulb of your syringe is **depressed partially but rapidly** (perhaps 1-2 times per second).
5. The goal is to create a current of liquid that moves in-and-out of your ear without putting too much pressure on the ear drum inside.
6. Wait at least 30 seconds after completion to make sure you are not dizzy.
7. Now feel free to shower or take a bath as this irrigation process can be messy.